

JOURNAL PROMPTS AND AFFIRMATIONS!

Journaling and using affirmations are part of what I call a positive daily mindset practice. They don't take much time, they can be incredibly impactful. And are often the missing link when women are wanting to build AND maintain a positive mindset!

THE MINDSET:

A lot of people struggle with journaling and affirmations because:

- They've never done them before
- They don't see how it will help them
- They're worried they will do it wrong
- They're concerned it will take too much time
- They worry what others might think
- They have fear about what might come up

These are totally normal!

But the best thing you can do is start simply, keep it to yourself if you prefer.

And give yourself a little time to try it out and experience for yourself the benefits!

Some people have real blocks with just the word 'journaling'. And the way I like to reframe it is seeing it as a posh word for putting some answers down to a question in a note book!

A lot of people think repeating words or phrases is completely woo woo.

It's not. There is a lot of psychology and science behind it.

Please go into this with the growth mindset, which are things like: I might love this, I can give it a go, I will be open minded!

So let's break things down and make it easier for you!

JOURNAL PROMPTS

Put simply, these are good self-coaching / reflection questions that you can ask yourself.

Here's what to do:

- Google "Journal prompts" or even better "Journal prompts for..." and you'll be presented with an abundance of articles and links!
- Take a look through them and choose the questions that you connect with the most in terms of language and style. And questions you think might be most relatable / useful to an area of life you want to focus on
- Avoid using questions that have a yes/no answer! You won't have very many AHA moments from those usually!
- If you see questions using the word "WHY", switch it up for "What are the reasons" - as using 'why' means you get a more defensive and emotional reaction to the brain.
- You can copy and paste the questions into a word document that you create. Some articles have free downloads. Or just write down a few questions in a book.
- If you've never journaled before or don't have much time, just choose ONE question and set a 2-3 minute timer.
- Sometimes you will see a question that you might know straight away you don't want to answer as you're conscious it might bring something up for you. These questions are really good ones to tackle at some point. But you might want to build yourself up to this.
- You need to really be in a quiet place, without interruptions, to get the most out of it.
- Sometimes journaling can bring up emotions and sometimes you may be upset. If you're not sure you are ready for that, you could do a journaling session with a coach or mentor.

Let's say you struggle with confidence.

Google "journal prompts for confidence".

3 links I found:

<https://www.wondermind.com/article/self-esteem-journal-prompts/>

<https://www.fillingthejars.com/confidence-journal-prompts/>

<https://www.silkandsonder.com/blogs/news/self-esteem-journal-prompts>

From these I picked out 3 questions from each article.

Questions that read well / felt right for me (yours might be different!)

See next page for 9 journal prompts for confidence boosting!

.

JOURNAL PROMPTS FOR CONFIDENCE:

- If you had to give yourself a pep talk right now, what would it sound like?
- Does anyone in your life look up to you? What are the reasons you think they do?
- How can you be more accepting of the less-than-perfect parts of yourself?
- Picture yourself as a confident person. Describe a typical day. How would you act or dress differently?
- Pretend there are no restrictions on you... What dream job or passion would you pursue every day?
- What would you STOP doing if you were a more confident person?
- Name a quality you have that you know is valuable to people in your life?
- Describe the "superhero" version of yourself. What would they do?
- How do you feel when you hear other people talking negatively about themselves?

And then you'd go away and spend a few minutes answering them!

Repeat the above with any other area of your life you need help with or to focus on.

AFFIRMATIONS!

Here's the basics:

- Affirmations are short statements / facts. In present language. And in powerful / personal language to you.
- We have 60-80k of thoughts a day and without realising it most women are constantly thinking / focusing on / listening to NEGATIVE ones.
For example: "She is more successful than me" ... "I have no time" ... "I am a terrible person:..." "I am lazy" ... "I am a procrastinator" ... "I am not a great Mum" ... "She is better than me" etc.
- The brain does a few things that are important to know. 1) It believes what you tell it 2) It likes repetition 3) It can't tell the difference between what is real and what is imagination.
- Everything you tell it believes AND builds. Because when you have a belief, you look for evidence to back it up!
- Positive affirmations are the things we can deliberately put in to our heads!
- And you don't need to believe them for them to change your programming!
- You just need to keep repeating them. And eventually they will start to click and the belief will follow.
- Positive affirmations I use a lot are: "I've got this" ... "This is temporary" ... "I can create time" ... "I have the power within me" ... "Yes I can" ... "I am doing my best and that's enough" ... "Janey you are enough and you have done enough" ... "My future is bright" ... "I am choosing joy today".

Let's say you struggle with health motivation.

Google affirmations for health motivation. Here's 3 links I found:

<https://jillweisenberger.com/affirmations-for-good-health-say-yes-to-success>

<https://blog.gratefulness.me/affirmations-for-health>

<https://www.thegoodbody.com/fitness-affirmations>

HEALTH MOTIVATION AFFIRMATIONS

Here are 9 affirmations from these links:

- Healthy eating is a gift I give to myself
- My mistake is evidence of trying
- I choose to take care of myself
- I am gentle and patient with myself as I navigate my health journey.
- I embrace movement and enjoy the benefits it brings
- Each day, I grow stronger and healthier, embracing my body's healing journey
- Exercising daily gives me so much energy.
- I am stronger than my excuses.
- Exercise makes me feel fantastic

With affirmations, as I said above, you need to repeat them!

- You can say them over and over
- Read them over and over
- Record them and listen to them over and over
- Write them over and over

And you can get really creative!

- Use Canva and create your own
- Write them on post it notes over the house
- Print them off and stick them around your desk / in your handbag
- Create an affirmations vision board
- Create a screen saver
- Use the most powerful affirmation as your password!
- Doodling, drawing, using colour!

Repeat the above with any other area of your life you need help with or to focus on.

FINAL TIPS!

- Remove all unhelpful beliefs and opinions and just give it a go!
- Buy a really lovely note book and pen – you can combine journaling and affirmations in one!
- Start small – 5 minutes in the morning can make such a difference
- Notice what gives you AHA moments and do more of those
- Do more as you can and notice where you need it most.
- I like to do 5 minutes of journaling in the morning where I tend to set my intention for the day, focus on what I'm grateful for, work on some inspiring / empowering narrative building that brings me energy and motivation.
- Then I always do 2-3 minutes of confidence boosting affirmations before I start my work. And then at night time I do about 10-15 minutes journaling, where I'm reflective on my day and answer questions that bring me peace and clarity and calm.
- Some of the clients I know who are now journal addicts, used to be journal haters!
- Have fun with this. Don't over think it. Perhaps set yourself a little challenge to do something each day for 14 days!