

# HOW TO JOURNAL FOR THE NON 'DEAR-DIARY' TYPE

A PRACTICAL GUIDE TO HELP YOU CREATE SELF  
AWARENESS AND RE-WIRE YOUR BRAIN IN JUST 5  
MINUTES PER DAY...EVEN IF YOU HATE WRITING!



Journaling is one of the number one tools I recommend to anyone wanting to create change in their life.

**It's a GREAT (and fast!) way of rewiring your brain, processing thoughts, emotions and changing behaviour.**

BUT...often something gets in our way of actually DOING it!



I've put together this guide to help you:

- Understand the fundamentals and science backed benefits (so it puts a fire in your belly to actually do it)
- Give you ideas for how to make it work for YOU (because we don't all want to spend hours writing...am I right?!)
- Answer the most frequently asked questions I get.
- Help you form the habit (the hard bit right!)

**So grab a cuppa...here we go!**



# So..What is Journaling?



There are SO many different ways to Journal but essentially what Journaling is at its core is a record of your thoughts, feelings and daily experiences.

It helps you make sense of your world and what's going on in it and increase your self awareness and curiosity, which is one of the major keys to changing any behaviour!

It's a great way of getting what's inside of you...outside of you! Which can create HUGE shifts in your mindset.

It also allows you to shift your focus, have a visual way to process thought patterns and also reflect and measure your progress.

## How long should I journal for?

Simple answer. As long as you want!

You want it to be a habit you stick to, so it needs to not feel like a chore. I journal for 5 minutes per day....that's it! I've had life changing results! From Eeyore on a bad day to the host of a top rated business podcast, The Positive Pants Podcast.

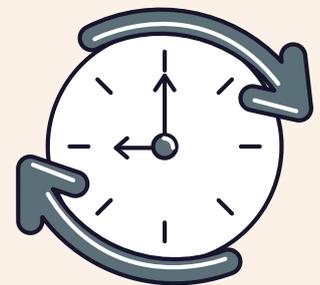
Some people journal for hours. It's all about your style, what you will enjoy and stick to and what you want to get out of it. The key is getting started and seeing what resonates with you.

I journal for exploration, rewiring new thoughts, and to enable reflection which is a really important piece of the puzzle.

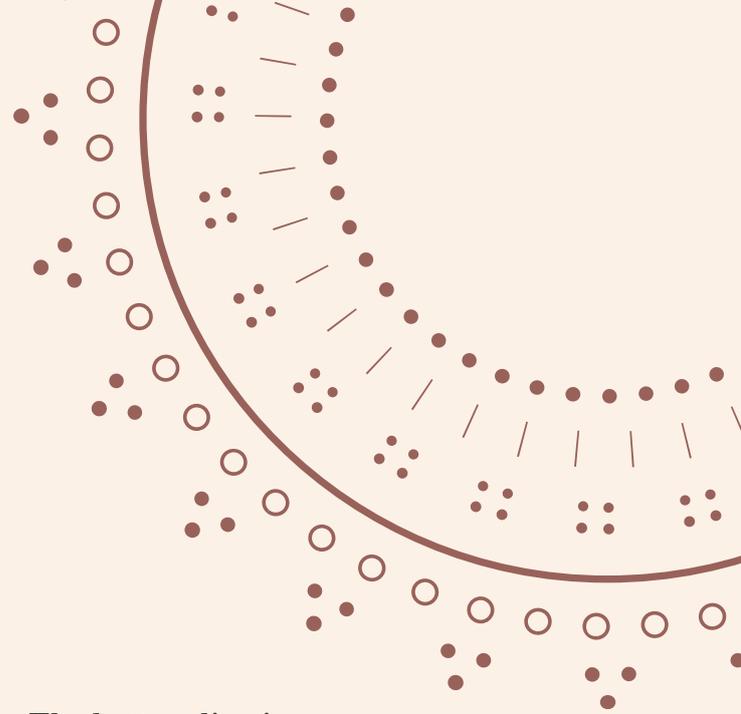
My personal daily prompts are positive psychology interventions. 3 things I'm grateful for, 3 good things that happened that day, acts of kindness I did throughout the day, what I want and by when, focusing on one goal at a time.

BUT it really can be done in 5 minutes per day, I spend longer on reflection at the end of every month looking over all the great things that happened that month.

It really is up to you...there is no right or wrong way to journal!



# Why can't I stick to it?



**This is one that comes up time and time again. The bottom line is people don't appreciate that they need to form a new habit to be able to stick to Journaling, just like any new routine.**

Forming a new habit takes some TIME and EFFORT because it's a conscious process.

95-99% of everything we do is unconscious (another reason journaling is so helpful...it makes the unconscious conscious so you can make changes!) forming habits takes more energy. It's being aware of the process, and aware that it will feel like effort until it becomes just what you do!

You need to make it as easy on yourself as you can until that habit is formed and locked in.

Will you journal first thing in the morning? Last thing at night? Both?

Where would be the best place to keep your journal so you have a visual prompt?

To get the most out of Journaling you need to make sure you're invested in it. If you're not, you simply won't do it.

Ask yourself WHY are you doing it?

WHAT do you want to get out of it?

Connect to that and it will make it a whole lot easier.

It needs to be something that is a GOOD thing in your day rather than a chore that is just an added item on your to do list.



## Someone read my journal when I was younger ..What if i'm scared of someone finding it?

**I have spoken to so many people who had experiences with their soul being bared when they were younger...usually by pesky siblings or the 'mean girl' at school and they're terrified of people finding their journal.**

Kids can be cruel, but do you have people in your life NOW that could gain access to your journal and would read it...and tell other people what's in it???

Before that happened did you enjoy doing it?

If you're STILL terrified about it then make sure you have a journal with a lock and key, or you could use a journal online and make sure there's a password on it...problem solved!



# What should I write?

**The frustrating answer is...whatever you like! Here is where you connect to what you want to get out of it.**

The Positive Pants Planner (coming Q2 2021) and printable journals that I create are all based around 'prompts'.

So essentially it's a series of questions that you answer to prompt exploration. If this sounds like your cup of tea then find a journal that has prompts already.

I LOVE using lists. This is similar to prompts but you essentially keep adding to lists such as a gratitude list, your accomplishments, a self care list or a bucket list. It encourages you to think about what you really want, what makes you feel good, what doesn't etc.

You can use letter writing as a form of journaling.

You can write gratitude letters to people past, present, or even future. Angry letters to people who have wronged you. You don't have to send them(!) but the very nature of writing a letter means that we feel we are telling those people things we feel we need to tell them and often you can find that any anger fades the more you write.

You can brain dump your thoughts. It will read like gobbledygook but literally write down every thought that pops into your noggin, as it does.

Whatever works for you!

# Why should I journal?

The benefits of journaling are immense, here's just a few for you:

- Increase positivity
- Increase Self-Esteem and confidence
- Increase organisation
- Set goals...and achieve them!
- Help with overwhelm
- Cultivate feelings of gratitude
- Make you kinder
- Can make you more mindful
- Measure growth

- Increase your EI (emotional intelligence)
- Process your thoughts, experiences and emotions
- Improve memory function
- Can improve immune function
- Increase self awareness
- Reduce stress
- Decrease anxiety
- Increase problem solving skills
- Better sleep

Now we've got some of the important bits out of the way i'm going to give you a few alternative ideas to make journaling work for YOU so it becomes something you enjoy and fits around you, even if you hate writing.



A quick google search on any of these will give you TONNES of examples!

### Digital Journaling

One huge benefit of using a digital journal is it's much faster than paper! You also don't need to carry around a book or a folder if you go digital!

### Audio/Video journaling

A great way to journal if you hate writing. You can do it literally anywhere.

Use the voice notes on your phone, a dictaphone, anything that records sound then it's up to you how you use it.

### Mind mapping

Great for creative types (you can also do these digitally!)

You can create spider diagrams...plus they look pretty! Bonus!

For example, Put your name in the middle or a doodle to represent you and mind map all your good qualities.

### Art journaling

For the SUPER creative types!

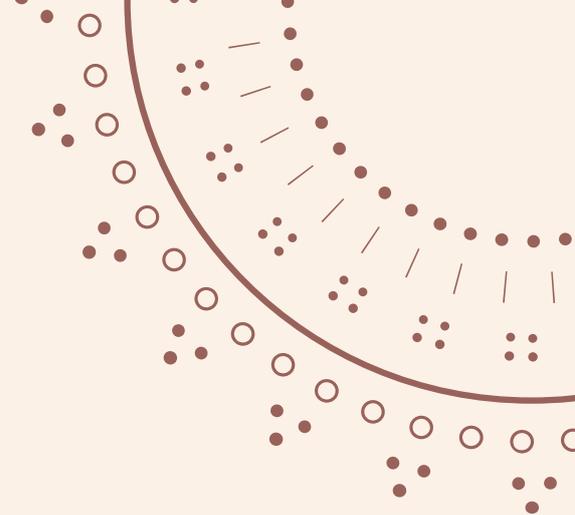
It's hard to describe the visual aspect of this so i'm going to point you to instagram where there are a million entries under the #artjournal

### Bullet Journaling

The bullet journal is essentially a to do list, diary and journal all in one.

The creators describe it as the 'analog system for the digital age'.

As you can imagine from the name, it's a system that uses bullet points as a central theme, so the main idea is it's quick and you don't have to write lots!



So I hope this has given you some food for thought  
on how you can bring the benefits of journaling  
into your life...EVEN if you hate writing!

To your inevitable success,

**Fx**





## Who is Fran?

**Fran Excell is a certified mindset and success mentor who helps business owners overcome self sabotage, and get more done in less time.**

She is host of the top 100, Positive Pants Podcast and creator of the NICERR system.

Fran has helped hundreds of entrepreneurs identify the unconscious thought errors that are holding them back from success and making the money they want. With her guaranteed no fluff, practical and actionable approach she helps them retrain their own brains so they can become an unstoppable action taking success...without the stress.



Obsessed with journaling, dogs, pizza and luxury loungewear!!

