



TRANSCRIPT - CREATING CONSISTENCY



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



CREATING CONSISTENCY

This lesson is all about implementing what you'll learn in this course and actually creating a habit of journaling daily.

Now that we're about to dive into the Transformation Journaling Program and explore the many different forms that journaling can take let's take a look at some tips and some steps you can take to ensure you actually implement what you've learned in this course into your life and become a "journaler".

What I would really like to stress here is Consistency over Intensity. Don't start off trying to commit to writing in your journal 30-60 mins a day. Start off with 2 mins. 5 mins. Build consistency, Build the habit.

The important thing is to start small and keep at it. Rather than putting pressure on yourself to have these long, intensive journaling sessions, instead put the majority of your focus on journaling for a small amount of time EVERY day and don't miss a day. Make it easy. Promise you are going to do a minimum of one paragraph or 3 minutes. Whatever feels good to you. Commit to something small and don't miss it. If you want to go longer great but don't sabotage yourself by demanding too much from yourself right off the bat. New habits are something we do, old habits are who we are. Start by journaling consistently in a way that feels doable to you. Not intimidating. Then it will become part of who you are.

It's like any positive habit or change you want to implement into your life. You are far better off exercising for 10 mins a day every day than you are pushing yourself to do a crazy 2 hour workout and then not having the strength, energy, or desire to do it again for another week or more.

Create the consistency FIRST and then work on the expanding from there. If you want to be committed to a minimum of 30 minutes of deep work journaling being part of your daily life then start by creating the habit of journaling with a smaller amount. Become a journaler first! Then worry about increasing the length of time. Like I said, if



your pen is flowing you can just keep on going. But make your original commitment of establishing a daily practice to creating consistency small and reasonable for you. Then if you only have 5 minutes to journal that day you are making sure it happens and building that daily routine. Not skipping it because you can't fit in 30 minutes so you figure why bother. Do whatever you can to not miss a day. And whatever you do don't miss 2 days or you've fallen off the habit train!

*"Success isn't achieved through the big changes you make. It's achieved through the small actions you take
CONSISTENTLY."*

CHRISTA POTTER

It also helps create consistency if you create a system. If something is part of a system, part of a routine, it helps to build consistency. If you already sit with a cup of coffee in the morning or a cup of tea in the evening, then incorporate your journal time into that already existing part of your day. Have a regular place and time to journal. This makes building the habit, and sticking with it, much easier.

I personally love to have a morning ritual. The things I do in my day that I know are important and set me off on the right foot. Having that routine to get those things accomplished first really sets the mood for the rest of my day. Making this part of a regular daily ritual makes the experience more enjoyable and more habitual.

When it comes to deciding what you want to journal about each day, make it fun! You have this course to guide your journaling for the next twelve weeks, and you can turn to it again and again, but you can also try things like writing out a bunch of your favorite journal prompts on slips of paper and putting them in a jar to pull from.

You can select a bunch of prompts as you go through this program that feel really impactful for you that you want to journal on daily, weekly, or monthly, depending on the kind of prompt.

You can select prompts on a whim or you can decide that you want to approach specific kinds of journaling in a deep way for a period of time on some sort of schedule.



You may want to spend a few weeks diving deeply into shadow work journaling or emotional processing. Whatever is calling you. Your soul knows what it needs. If it feels a little bit scary that's another great sign to dig in!

JOURNAL PROMPTS

- What forms of journaling are you most intrigued to explore in this course? Why?
- How are you feeling inspired to implement journaling into your daily life as a routine/ritual?.
- When you think about making journaling a daily habit what concerns and doubts come up for you?
- How can you work with these and shift them?



