



TRANSCRIPT - HOW TO GET THE MOST OUT OF THIS COURSE



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



HOW TO GET THE MOST OUT THIS COURSE

Let me just start by saying there is no right or wrong way to journal. All ways of journaling has benefits and everyone's response to different kinds of journaling. While there is no wrong way to journal there are ways to help ensure you are optimizing your journaling experience. Transformational Journaling is all about taking your journaling experience to a deeper and more rewarding level. It's all about exploring and learning different methods of coaching yourself through journaling and through doing so discovering which methods can serve you best depending on what is going on in your life at the time.

This course is a resource. Use it for guidance and use it for inspiration. Take what resonates with you and leave what doesn't. I am confident that with what you take away from this program you won't ever be left wondering what on earth to journal about again. And more importantly, your journaling will have a positive and transformational impact on your life.

I want you to take a moment to consider what you want to get out of this course. Pause the lesson and ask yourself:

Journal Prompts

- Why do I want to incorporate journaling into my life?
- How do I want it to impact my life?

Be as specific as you can.

Given what you have just journaled is the reason for taking this course and what you hope to get from making journaling a regular part of your life I want you to set your intention for our time together and for what this course will bring into your life.



Journal Prompts

- What is my intention for my time in Transformational Journaling and what it will bring to my life?

You can and will see the results you are seeking. IF you take the action. Obviously if you purchase this course and don't complete it that's going to affect your results. If you complete the course and don't implement what you've learned, that's going to affect your results. Don't allow yourself to use feeling overwhelmed as an excuse not to make progress. I'd much rather you go slow and steady than never get started because you are putting unrealistic expectations on yourself.

If you want to, and are ready to, create change in your life and make transformational journaling a tool for your own personal transformation I want you to commit to completing the course and implementing what you learn. Try different methods. DO the prompts with each lesson. Take notes as you go through the material so you can recall which methods really stood out for you as ones you want to return to again and again. Set small, achievable goals to start making journaling a daily HABIT. Just by completing this course you will already have established a habit of journaling and will have no doubt seen and experienced tremendous healing and positive growth.

I've made an effort to keep these lessons as short and to the point as possible while still packing in as much knowledge as possible. No fluff. No repeating the same content in 10 different ways. No fancy intros and outros to every video. I value your time and I want you to be getting to the good stuff.. the journaling! It is important to me that this course fits into your schedule and your life, and is manageable to work your way through.

Once you learn all the foundational journaling in Phase 1 you will have your regular daily practice established. Even as we move out of Phase 1 into Phases 2 and 3 I will continue to offer you ways of expanding on your foundational practice and keeping it fresh. Once we move into Phases 2 and 3 and start exploring deeper forms of



journaling I recommend you set aside at least an hour or so once a week to dig into the new forms of journaling you will be introduced to. With some lessons you could easily spend hours exploring. It's up to you!. If a particular lesson seems like an area you just aren't prepared to dive into just yet then reach out to the group for support. Schedule a time to explore it and make a commitment to yourself to revisit it when you feel more prepared. Just promise me you will try. The community is also there to help keep you accountable. Share your ahas! Share your experience. It helps inspire and motivate others.

Through your time in this program you will be establishing a journaling routine and habit that will no doubt have given you many ah ha moments. You will have discovered new things about yourself, created mindset shifts, and experienced healing and release. You will have uncovered what methods appeal to you the most and offer you the most value to help you continue this journey. I'm so excited for you!

So let's get started!



Notes

A series of horizontal dotted lines for writing notes.

