



TRANSCRIPT - JOURNALING TOOLS AND ENVIRONMENT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING TOOLS AND ENVIRONMENT

Do you want to know what one of my favorite parts about journaling is? All the pretty notebooks! I love finding beautiful and inspirational notebooks to use for my journaling. Having the tools and the environment for journaling that are enjoyable and uplifting for you are a great way to ensure you actually take the time to journal.

I don't like to say there is a wrong way to journal but I do strongly (and I mean VERY strongly) suggest going old school when it comes to journaling. You could of course journal on your computer or phone but we all know we have enough digital distractions in our lives. The actual act of writing is very therapeutic and creative and is a key to some of the magic of journaling. Typing or voice dictating it out just isn't the same. Trust me on this.

Now don't get me wrong, I do incorporate technology into my journaling in small ways. If I am out and about or driving I do use the notepad on my phone and voice dictation to express some of the thoughts and inspiration that come to me so I can journal on them later. But only as a means of capturing something before I lose it. And trust me, with this brain of mine that doesn't take long these days!

Picking out a beautiful journal is an experience on its own. You may even want to have multiple journals dedicated to different forms of journaling. You can have one journal for your daily foundational journaling and other journals for deeper forms of journaling. You can have a dedicated gratitude journal or a dedicated manifestation journal. It really is up to you. I always have a few on the go.

The size and format of the journal you select are completely personal. I've discovered I like larger journals, (usually 8x10 or traditional letter size 8 ½ by 11), if you like to carry yours with you then you may prefer a smaller journal. I've also discovered that I like my journals to be spiral bound. The reason I enjoy spiral bound so much is so that the book will lie open completely flat and I can also flip the turned pages around to the back of the journal and get them out of the way. I find this makes writing on the backside of the paper even easier. You can get bound journals, refillable journals, leather



bound journals. And that's just to format of the journal. Don't even get me started on the amazing journal covers available. I love metallic accents and gorgeous colours. Anything with universe and sacred geometry elements always attracts me. There are so many options these days that you are guaranteed to find one, or twenty, that brings you joy.

You will also want to find the writing tools that you connect with. You may want to journal in pencil, ballpoint pen, gel pen, or felt tip marker. Again, the options are endless and highly personal. Finding what you love will make the experience even more enjoyable. Personally I have found that porous point markers like the Papermate Flair work best for me. They seem to help improve my horrible handwriting. Something too slick and flowy like a gel pen just seems to allow my handwriting to go even more awry. I also LOVE journaling in colour. I may switch up the ink color depending on the type of journaling I'm doing as a means of organization or simply change colors with my mood. But I always journal in color. I find I enjoy the softer colours most. Experiment and find what you enjoy.

Here's the thing. It doesn't have to look pretty. Don't let perfectionism stop you! Like I mentioned, I have horrible handwriting, and in the past I let that keep me from journaling. I even tried to no avail to find handwriting courses to improve my skills and make my writing more legible. But it was all just another form of self-sabotage and excuses. Now I let the words flow and don't worry about how the pages look. It's the act of journaling that holds most of the value. Reading it back later isn't often even necessary.

"Perfectionism is the mother of procrastination."

MICHAEL HYATT

Another thing that can really enrich your journaling practice as well as help establish the habit is by setting up your own journaling area. Having an environment that inspires you helps make the experience feel more special and sets up a familiar routine. I usually journal in my office at my desk. I turn on my salt lamp and my essential oil diffuser, select a few crystals to place on my desk, and begin my journaling. Find what environment makes you feel inspired. Make it fun! There are so many ways to personalize and enrich this experience. Share pictures of your journaling space with us. And if you don't



have one, don't let that stop you! You don't have to spend a whole bunch of money to journal. You can just use whatever pen and paper you have handy. Just get started, wherever and whenever you can.

Actions

- Print out your worksheets or select a journal for your journaling work.
- Play around with some writing tools to discover which you enjoy most.
- Set up a journaling space.



