



# JOURNALING FOR CLARITY TRANSCRIPT



TRANSFORMATIONAL  
JOURNALING

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# JOURNALING FOR CLARITY

## ▷ What You'll Discover

- What journaling for clarity is.
- How journaling for clarity improves your decision making abilities.
- How journaling aids in achieving clarity
- The best kinds of prompts to use to help you get the clarity you're seeking.

## ▷ Benefits of Journaling for Clarity

Have you ever tried to just sit down and think your way through a decision in your head? It's pretty difficult isn't it? Your mind bounces from one aspect to another. You get sucked down one rabbit hole after another or you end up completely distracted from what you were originally thinking about. You try to work out the pros and cons but find yourself more confused than where you started.

Maybe you're just trying to gain some clarity around something in your life. But how do you get there when you feel so unsure?

Journaling!

Journaling can be your go to tool for decision making and clarity. It allows you to get everything out of your head and get it onto paper. It allows you to see the bigger picture and all the contributing factors.



Journaling for clarity allows you to:

- Focus your mind.
- Explore different paths and decisions.
- Discover your true feelings around the situation.
- Open up to more creative solutions.
- See the gaps in your solutions.

These are all things that are very difficult to do when you are simply going through it in your head.

Journaling can also help you solve problems more effectively. When we are trying to think our way through a problem with a left-brained, analytical approach we miss out on engaging the right-side of the brain and incorporating our creativity and intuition in the problem solving process. Writing in a journal opens up these right-brained resources into your problem solving so you can create unexpected, inspired, and creative solutions.

Journaling helps you avoid thinking in circles and allows you to see the gaps in your solutions and decisions.

## How to Journal for Clarity

If you are trying to gain clarity in an area of your life then journaling is a great way to get there. Do a braindump! Just get it all out. All of the things you are considering. All of the things you are dreaming of. All of the things you're afraid of. All of the contributing factors to the situation. Allow yourself to explore and navigate your thoughts and desires around the situation and clarity will begin to emerge. Ask the deep questions and then go deeper. Keep digging.

When it comes to making a decision begin by journaling out the different paths of a decision. Write out how things would be and how things would feel if you decided on the various options in front of you. What are the possible outcomes of each path? What outcomes might arise from each path? How do you feel when you consider all of these aspects? You may think you don't know what decision you want to make but as you begin to journal out the options you may quickly realize that you have a strong aversion or attraction to one particular



decision after all.

Do you have a decision you are trying to make right now? Let's try these prompts:

## Journal Prompts

- What is your first emotional response to each possible choice in this decision?
- Do you feel energized or drained by the idea of pursuing this choice
- Do you miss out on opportunities because you are afraid of trusting your instincts and taking a leap?
- Describe the ways in which this path would or would not feel aligned with the person you want to be?
- What part of this choice sparks joy for you?
- What information do you need to have to either move forward with this choice or let it go?
- Pay special attention to that still small voice within, your clear, instantaneous knowing. What is it telling you right now?
- Do worries, doubts and anxiety make it hard to hear your intuition?



# Notes

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