



## TRANSCRIPT - WHY JOURNALING IS SO IMPORTANT



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



# WHY JOURNALING IS SO IMPORTANT

So why is journaling so important? Why have I created a whole course dedicated to journaling? There are many, many benefits to journaling. The one that stands out the most for me is that journaling, when utilized to its fullest potential, give everyone incredible power to take control of our own lives, wellbeing, and future. I can't think of anything else that gives us the ability to create a significant and measurable level of healing and growth in our own lives. It gives us the opportunity to take the insights, lessons, emotions, experiences, and opportunities in our lives and ground them in something that we can fully process, reflect on, and initiate action from. I believe it is one of the most powerful tools in personal development.

Journaling is an incredible problem solving tool. It's a tool for clarity. It's also a means of shifting our mindset and perspective. Journaling helps us process our emotions. It boosts productivity, relieves stress and boosts happiness.

Continuing to learn, heal, evolve and grow is part of truly thriving in life. It's how you can show up and love and live your life in a meaningful way. Journaling takes this learning and growth to new heights. It takes our self-awareness, our self-love, our healing, and our relationships to a new level. Journaling connects what we learn to our life. Journaling connects us to ourselves.

As you go through this course you will come to see how many parts of your life can be positively impacted by journaling. I believe it is one of the most powerful things you can add to your daily routine for your mental, physical, and spiritual wellbeing.

There are many scientific studies that demonstrate the many benefits to journaling. And some of these studies may surprise you.

Research has proven that:

Gratitude journaling is proven to increase your level of happiness.

Journaling improves your cognitive functioning. In other words, it helps you learn and

problem solve better. Who wouldn't benefit from that?

Journaling also helps counteract the negative effects of stress. Releasing and processing our thoughts and emotions helps release the intensity of those emotions. It provides an outlet, a release, and often the solutions we are seeking. It helps us feel calmer and more present.

Now here's some of the interesting things that scientific studies have proven journaling benefits.

Journaling can benefit your physical health. Yes your physical health. There are obvious mental health benefits to journaling, and these can in turn benefit our physical health as anything that reduces our stress level benefits our physical health. But it's more than that. Journaling improves immune function, improves healing, and decreases symptoms of asthma, arthritis, and other conditions.

I also want you to consider this. If you're not journaling, when are you doing your deep reflection and thinking? Working out your problems. Planning your future? Sure our mind wanders and we consider these things throughout our days, or more often than not, tossing and turning in bed at night. But we aren't taking concrete action to actually process, reflect on, and work through these things or take actual action on them just mulling them around in our head. And many of us aren't even going that far. We don't know ourselves. By regularly journaling we get to know what makes us happy and confident. We begin to see the people and situations in our lives that are toxic to us. We become aware of the patterns we are repeating that are keeping us stuck.

*"We do not learn from experience. We learn from reflecting on experience."*

**JOHN DEWEY**

Journaling also unleashes the creative side in us that may have been mostly slumbering since childhood. While the left side of our brain, which is analytical and rational. Is occupied journaling our right brain is free to be creative and intuitive. The act of writing helps remove those mental blocks so we can use both side of our brain in their full



capacity to better understand, explore, and appreciate ourselves and the world around us.

Journaling also helps us to see just how ridiculous our ego really is. When all those fearful thoughts, self-doubt, self-criticism, and insecurities are floating around in our head it can feel so real. Journaling, and actually getting this stuff down on paper can help us see just how ridiculous that voice in our head that's trying to keep us safe and comfortable really is. We can no longer ignore what nonsense the stuff we tell ourselves is when we see it right in front of us on paper.

I think I could go on and on all day about the benefits of journaling but let's dive into the course so you can begin to experience them for yourself!

## Journal Prompts

- What benefits are you most looking forward to seeing from journaling?
- What outcome are you wanting to see that attracted you to this course?



# Notes

A series of horizontal dotted lines for writing notes.

