

Tools for the Daily Walk – Journal Template

"I will stand at my guard post…
And I will ***keep watch to see what He will say*** *to me…*
Then the LORD answered me and said,
*"****Write*** *the vision*
And engrave it plainly on [clay] tablets
So that the one who reads it will run*." ~Hab 2:1-2 AMP*

One of the greatest gifts your client can receive from coaching is the knowledge and understanding of how to journal. It is one of the most powerful tools for prayer and meditation, growing in wisdom, and understanding. It is a great legacy to those you leave behind.

"Journal writing is one of the greatest indications that you're a serious student. Taking pictures, that is pretty easy. Buying a book at a bookstore, that's pretty easy. It is a little more challenging to be a student of your own life, your own future, your own destiny. Take the time to keep notes and to keep a journal. You'll be so glad you did. What a treasure to leave behind when you go. What a treasure to enjoy today!" ~Jim Rohn

Science – Studies show journaling:

- Improves Health: University of Texas at Austin psychologist and researcher James Pennebaker confirms that regular journaling strengthens immune cells, called T-lymphocytes.
- Health Benefits: research indicates that journaling decreases the symptoms of asthma and rheumatoid arthritis.
- The act of writing accesses your left brain, which is analytical and rational. **While your left brain is occupied, your right brain is free**

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to create, intuit, and feel. In sum, writing removes mental blocks and allows you to use all of your brainpower to better understand yourself, others, and the world around you.

Tool #1 - Journal Template

Inside Cover (across 2 pages, possibly 3):

- VISION board, most significant images, quotes, verses
- Dedication Page- if journal is dedicated (e.g. to children, God, etc.)
  Page 1-3 (or as many pages as needed)

"Desires of My Heart" written in the positive present tense - Personal (health, be/do/have)

- Relationships/spiritual/finance etc.
- Note: ideal for the top 3 desires in each life category from Tournament of Desires.

DECLARATIONS/ ACTIONS On page directly across from desires.

- These are actions corresponding to each desire, e.g. I will write 3 pages in my journal/day. I will read 30 minutes each day.

AFFIRMATIONS written in "I am…" form with short statement e.g.

- I AM a daughter of the Most High
- I AM Courageous I boldly live out my purpose.
- I AM an open receiver and a generous giver.
- I AM abundant and prosperous.
- I AM healthy, vibrant, youthful.

IDENTITY (similar to affirmations can be combined. Who you are/Whose you are) – e.g. I AM His – I AM committed to a life of love, the work of transformation, in constant communion with His Spirit.

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GOALS – use several pages if needed.

LIFE NOTES & LESSONS (things you have learned and beliefs that no longer serve you (e.g. making assumptions, taking things personally).

IDEAL DAY

IDEAL WEEK

IDEAL CLIENT/BUSINESS/JOB

GRATITUDE – Leave many pages so can add to daily.

Tool #2 - Other Uses for Your Journal

- Reflective thinking
- Empowering Questions (e.g.
  "How can I _____?"
- Prayers/answered prayers
- Critical thinking
    - Define a problem
    - Determine the cause
    - Brainstorm solutions
    - Declaration/action plan
- Notes
- Great book, great seminar
- Ideas, mind map
- Sentence Stem
- Ideal Business/Career/job
- Clarification Exercises (e.g. values)
- Forgiveness letter

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Tool #3 Use a planner or template such as the Prosper Daily Plan™

Note: Add 15 minutes of exercise & incorporate additional sections or more time to each as you become accustomed to the habit.

What is Coaching Success?

- Client understands the importance of having a morning spiritual practice.
- Client has chosen a tool for e.g. the Prosper Daily Plan to stay on track.
- Client begins journaling.
- Coach reviews any difficulties or challenges in keeping a morning practice and creates a plan workable for the client.

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