



# Elevate5

WEB • STRATEGY • DESIGN

## **JOURNALING.**

Such a loaded word for so many. They've tried it. Quit it. Gone back to it. Loved it. Hated it. Had their kid do it. We think this is because it seems folks are tempted (and even trained) to use journaling as a means of recording their day. But, really, WHY? For what outcome? Why can't journaling be something simple, centering, and peaceful within our days?

**For us at Elevate5, journaling becomes a time to get still, to connect, to be thankful, to listen, to receive, to download, to place requests, and to rejoice.** It is also a place to record prayer, progress, and need.

**And, remember that it can be fast. It can be easy. Don't over complicate.** Just allow the words to flow for the time you have for yourself that day. You don't need to outline the accomplishments of the day. At ALL. Now, while we encourage you to take 30 minutes each morning if you can, it can be much quicker if needed. It can be shorter or longer and at any time of day, all depending on what feels and works best for you.

**To get you started in on your journaling practice, we have outlined the basic steps we follow each day.** Please edit as needed, but just jump in. This practice has literally changed our lives. Literally. Maybe it will be of help for you, too.

All the best,  
*JoDee & Cara*

# *Journaling*

## THAT DOES NOT SUCK



### **GRATITUDE**

Begin each entry with what you are grateful for. Write down what has moved you, what you have noticed, what might have gone un-noticed even the day before. Big or small, write a few sentences about the things in your life for which you are grateful. Don't forget to celebrate each and every win in your life and business here—they are all worth rejoicing!

### **LESSONS**

What things have been coming to you with repetition each day? Those messages or things you notice that make you think, "Strange, I just read that in my Oprah mag yesterday!" We are willing to be you've experienced this! You hear something from a friend, then through a random video on your Facebook feed, and then again within a book you are reading. Spirit repeats things for us. Thank heavens! Or possibly you find yourself saying something to your child, and it strikes you as deeper and more meaningful than you ever thought. These are teaching moments. You are being led. Pay attention. Write them down. Look for patterns. Watch for these blessings. They will light up your life if you do.



### **PRAYERFUL NEEDS**

We all struggle in various things and we are certainly welcome to ask for help. So write it down. Get it out. We just challenge you to do so without stewing in the emotion and pain if you can avoid it. Ask for help from above, and then after having gotten the struggle out of your mind, peacefully leave it there for Him to unravel. *Hint: You won't always avoid the negative brain dump, but we encourage you to try and then simply forgive yourself when you slip.*

### **PREACH IT, SISTER**

Craft a short, but powerful prayer for each of the main areas of your life: you, your family, your marriage, spouse, possibly children, friends and your business. If you like, add special requests for folks in need, as well as for the passions of your heart. And then pray them out loud each day as part of your journaling practice. Speaking aloud these needs and desires each day is a massive act of faith and trust. No joke. Yes, it will feel weird at first. Just try it. You will encounter massive results in peace and progress. *Hint #1: Create this prayer once a quarter and then heartfully repeat it aloud each day. Don't forget to date it so you can see your progress! Hint #2: We highlight a main line or two in each life area so that on days when time is tight, we can still get in these prayers! Hint #3: Add some fitting bible verses that line up with your challenges and requests, and speak them aloud as well. This practice is like Tony Robbins on crack for your mindset and life... but less the expensive conference ticket and plus eternal salvation.*



### **GOALS, DREAMS, PLANS**

Write them down. The old one, the new one, that crazy one that just hit you that you think might suddenly be a new dream. Write 'em down. All of them. Some you will laugh at later, many are revised, others you will watch be birthed so synchronistically that you will be awed to tears. And it is all beautiful. All part of our process toward growth.

### **BE STILL**

Ask to hear direction and then [gasp] actually be still to hear it. This isn't easy. We know. But, do it anyway. For however long you can. You might sit quietly, stare out your window at nature, or rest your eyes closed. Whatever works for you. You might even find yourself wanting to write as a means of drawing out and recording this inner connection. Go for it. Any of it. Whatever it is that feels right for you, do it and do it often. We promise you will get in touch with you, and we even bet you will get in touch with Him, too.

*Of course the significance in this practice comes in the repetition over time. Review your journal on occasion and look for answered prayers. Look for progress in your life. Look for positivity and encouragement so you can keep moving yourself ahead!*

## *Business* **BREAKTHROUGH**

*Want more help in finding the clarity you are looking for so you can intentionally align your business and life?* We've created a short, but powerful online course that dives into the inner work needed to find just this clarity! The first week dives into reflecting on your purpose, the second week sets you up a road map to aligning your gifts and purpose with your business, and the third week focuses on strategically building your mission-driven business with passion, purpose and profit. **WANNA JOIN US?**

**SIGN-UP TODAY >> [Elevate5.com/BusinessBreakthrough](https://Elevate5.com/BusinessBreakthrough)**