

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Journaling Exercises

By Christin Snyder

Journaling Exercises by Christin Snyder

Journaling Exercises

On the path to healing, journaling can be a very powerful tool of self-discovery. It allows us a venue to release things we may otherwise keep bottled up. It allows us to creatively express our ideas, organize our thoughts, and allow us to review our progress.

Below is a list of healing journaling exercises designed to draw out inner feelings, uncover hidden thoughts/beliefs that may be hindering the healing process, and help you set realistic goals for yourself.

How do I see myself?

Close your eyes for a few moments, and pay attention to what comes to mind as you think, "this is how I see myself". Write down or draw any symbolism, colors, shapes, etc that come to mind. What feelings come up? What does the symbology say to you?

How do I want to see myself?

Close your eyes for a few minutes. Envision yourself at peak health, physically, emotionally, mentally, and spiritually. Write down or sketch out any symbolism, colors, shapes etc. Describe yourself, including your surroundings, your feelings, and your thoughts.

The person I most admire and why

Name a person who inspires you. What about this person do you admire most? What qualities do they embody that you would like to see more of in yourself? What unique contribution has he/she made to the world, and how has this affected you?

The person I least admire and why

Journaling Exercises

Name a person whose actions and/or attitudes you question. How do you allow this person to affect you? What does he/she do that really bothers you and why? Does this person embody something that you have a hard time accepting within yourself?

Comparing and Contrasting

It is said that what we see in others we cannot recognize if we don't also recognize at least some aspect of it within ourselves. We are all mirrors reflecting each other to varying degrees. Keeping this in mind reflect on the person(s) in the previous exercises that you admire the most and the least. What characteristics of these people do you see also within yourself? How does this manifest and how does this make you feel?

Word Association:

For the following people, write the first word that comes to your mind. Don't put a lot of thought into it; just write the first word that comes to your mind for each one. If one is not applicable, skip it and move on to the next. If there are people who you would also like to include, feel free to add them to the list.

Spouse
Mother
Father
Grandmother
Grandfather
My Best Female Friend
My Best Male Friend
My Nearest Neighbor
My Pet
Me

Once you have done this exercise with all of the people you wish to include, reflect on your answers. Who received the most positive response? Were any of your answers critical? If so what does this say to you? Are their issues that need to be forgiven with this person(s)?

The above exercises are a good start for those who want to use writing as a healing tool on their journey of self-discovery. Writing and the power of the written word should never be underestimated; they can help us change our destiny.

Christin Snyder is a Spiritual Guidance Coach, Author, and Speaker. Visit her Website at <http://www.dailypowerwords.com> to learn more about her healing techniques and her new whole life series "Mother Nature Knows Best"

The Power Of Scrapbook Journaling

By Elaine Clay

Journaling Exercises

By journaling your pages you will transform an ordinary collection of photographs into a vibrant and visual storyboard – telling the stories behind the pictures, revealing hidden memories and emotions.

It will give your scrapbooks a unique and intimate feel, it is this personal touch that turns your albums into something very special.

That is the power of scrapbooking journaling and why it is one of the most important elements of your scrapbooks.

What to write...

When you are doing your scrapbook journaling think about the people who will read it in the future. Try and remember that they weren't there, give them as many details as you can so that they can relive your memories and stories for themselves.

One favorite scrapbook journaling technique is to write using the 5 W's method.

Who :: who's in the photo, who took it and who else was present. It is important to name the people in the pictures you use. People change throughout their lives, especially children, so it is vital to tell readers who they are looking at.

What :: what is the photo about? Describe what is happening.

Where :: where is the event in your photo taking place? Give some background information.

When :: when was the photograph taken? Give a specific date and include the year if possible.

Why :: why did you use this photo? Does it show a special event like a wedding or a milestone birthday? Explain why it is so memorable.

Tell the story...

Don't be afraid of scrapbook journaling. Just ask yourself, "What would I want to tell future generations about the photos on my page?" and then write it down.

A tip to remember is that all stories have a beginning, a middle and an end.

For example, a nice way to start off your scrapbooking journaling is to give your album a title page. Use one of your favorite photos and write down who or what your album is about, you can even include famous sayings, quotes or a special poem if you want.

This leads nicely onto the 'middle' part of your story, the actual scrapbook pages and when you get to the 'end' make a page about yourself. Perhaps use a picture of you working on one of the pages and explain why you have made the scrapbook.

Journaling Exercises

Elaine Clay is the owner of Online-Scrapbooking-Guide.com :: your one-stop online scrapbooking resource. Find inspiration, increase your creativity and have fun with our helpful tips, ideas, articles and much more. – Feel free to use the above article on your web site or ezine. Provided that it is published in it's entirety, including my resource box above and a "live" clickable link to:

The Power Of Scrapbook Journaling
Stress-Free Scrapbook Journaling Ideas
Four Keys to Successful Journaling
Think It and Ink It
Three ways journaling can boost your creativity and your business

How to play a Guitar
Understanding Incontinence
Stress The Silent Killer
How To FINALLY Stop Smoking...Once and For All!
All Christian Writings



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

