

Journalling Challenge 'Letters to the Soul', Day 3

- Self-work

Self, Life, Sharing.

Self,

Questions and Choices.

Welcome to Day 3 of the Journalling Challenge 'Letters to the Soul!'

We hope you enjoyed Day 2 observing yourself through a reflection of witnessing and we are here to answer your questions. Today we will continue this journey to Self by creating journaling questions and choice points. We hope this will be insightful and helpful. Please express your needs, share your impressions and ask for clarifications if needed.

This is our plan for today and an index for your future journaling:

Journaling Choices:

- Write or Talk?
- Short or Long? Template idea for 'short': Joys, Gifts and Wins (Plans)
- Complete or TBC (a link question at the end)?

Questions: Which question is naturally wanting to be asked at the end?

- If: Emotion (E-Motion)=action?
- If: This or That?
- If: To do it or not to do?

- Centering, body

Choice: a free imagination vs a concise plain list

- Active imagination practice: Fork in the Road
- List journaling: Unearthing your Bliss

- Letter to the Soul Day 3
- The theme of today
- Homework: container = 'Wishes Basket'
- You fed your Soul today
- Resources Day 3.

Please feel free to reach out with any questions and personalise all our suggestions and exercises to work for you.

Happy journaling!

NB: remember your colourful creative play with colouring in, drawing or doodling with your pencils or felt tips

Short or Long

- A long choice would be a deep, unlimited exploration looking for a 100% illuminating Aha!
- A short choice would be a 'close your eyes, tune in and come up with one word or a sentence' (as we did on Day 2) or a pre-made template to fill in with just a few words.

Here is a simple template idea: use the prompts below and find just one word for each; it's often easier to write a short sentence but one word is good enough; today, practice starting with one word:

- 3 Wins
- 3 Joys
- 3 Thanks

NB: on joys and thanks... reflecting on your day (or on the day before) find what is/was *easy*, *happy*, what it is that you feel you were *blessed* with. Focus on 'joy' if you are a naturally joyful, optimistic and happy person; if you are serious by nature or going through a challenging life patch you may choose to go for 'pleasure' or just 'comfort' (a good book; a chat with a friend; a comfortable outfit; a relaxing bubble bath; a nice meal) or simply *contentment* (a planned/advanced/completed project; a cleaned kitchen; feeling internally content, peaceful and pain- and conflict-free).

If there was nothing to make you happy/joyful/comfortable/content, make it happen - plan something for tomorrow!

This template is more suited for simple intentional reflection: evening writing reflection on your day or morning pages reflection on your yesterday if you only journal in the morning; if you do both, you can do 3 *plans* once a day instead of three wins.

3 Wins (Plans):

1 _____

2 _____

3 _____

3 Joys:

1 _____

2 _____

3 _____

3 Thanks:

1 _____

2 _____

3 _____

Letter to the Soul Day 3

Just in case you still want to use some prompts for your Letters, here are some ideas.

'Hey Soul....

I realised I liked writing/voice recording (pick your preference) more for checking in with you..... although the other option was fun to try and now I know how it feels.

I promise I will keep our conversation open and ongoing by completing my journaling with a question which seems to be 'wanting to be asked' when something needs further contemplation/research/decision - or just time - and I'm comfortable to live in the question until an answer comes... naturally... from you, Soul.

At the moment, presented with a choice of two paths, I feel I first need to go in the direction of familiar/not familiar (your choice here).....and I find there.....

And another path, explored next brings me.....

I'm going to copy a template with 3 wins, 3 joys and 3 thanks every day in my journal till the end of this month for practice of a quick 'check-in' journaling; this way I won't pressure myself to journal when I don't have time/space/mental capacity/energy but when I still want to reconnect with my inner Self, acknowledge every day and celebrate my Life.

My current desired state of a bliss/feeling good is..... happiness/joy/comfort/contentment/pleasure.

Writing a list of 'what makes me happy/content/joyful/comfortable, I'm realising that I'm feeling most happy/joyful/comfortable/content when I am being/doing/feeling...

Let's get into a more comfortable and intuitive dynamic with experiencing, learning from and moving through the emotional states and translating them into actions - and let's re-visit the familiar and explore the unknown paths, shall we, Soul?'

And as for the Bliss of Today it's.....'

So... this is who I am through my choices, joys and creativity.....

Thank you for listening to me, Soul!'

Please complete the Letter by free stream writing (use more space if you wish). Don't aim for anything specific; welcome whatever comes, connected or not with what we worked on today. Stay curious.

The theme of today

- Please have a look at everything you've written
- If there was an overarching theme, a certain pattern or a main keyword to sum up your journaling, what would it be?
- Please write it down: 'The theme of today is.....'

Homework: practical tips for your daily journaling

Everybody and everything needs a good place to live, a house - or in case of our notes, a creative *container*. Here we honour our need for an inviting, cosy and organised space for our writing, supporting our creative side.

Your journal can be your Word/Pages document or a paper notebook, plain and simple. Or, it can be a mixed-media work or art: it may include some drawings, post it notes with various new ideas as and when they arrive, you can colour code it in a way which is unique and beautiful and easy to navigate; you can include interesting little things such as bookmarks etc.

- Decide if your container for journaling is going to be on a simple or creative side
- Choose and organise a container for your writing - if you will continue with the habit you want to create a nice house for all your writing: tidy, beautiful and intuitive to use
- If you would like to make your journal a part of your supportive environment, consider it to become a part of your Wishes Basket - after all, your journal will see a lot of your wishes...

On your next journaling, practice deciding:

- is it going to be a *list* (like we did the Bliss List) or a *stream* (like everything else we did so far)
- Three Wins, three Thanks, three Joys: practice copying and pasting this template into every day journal for 2-4 weeks to have this template practiced; every day at the end of (or instead of) your daily stream, so when you open your journal every day, it's right there and all you need is to write 3 words under 3 entries: easy (even on a low resource day)!
- Questions at the end: this is an add-on to your already planned daily to-do; this is 'needs/has to be done' for your internal life - same as your work plans and to-do lists are for the external
- Plan some items from your Bliss List as a 'to-do' for your next Sunday (and Sundays after) You can also colour in your 'want to-do', a to-do for an inner life - which colour will it be?

You fed your Soul today

Now pause for a moment and close your eyes to reflect on all we did today: embrace the flow of insights and ideas triggered by the day's work and leave room for deeper exploring and putting things in texture and colour to shape up and be finally translated into practicalities of your daily life. If you feel like having a supporting and fun company, please join us at the Cafe Self. Making a pause and acknowledging that we did something good for ourselves may be equally as important as actually doing the work. Stop at it, see it, feel it: *you fed your Soul today*.

Please log into your Day 3 for resources (links to articles and videos)

Till tomorrow,
Irina xx

Brief summary of Day 3 resources:

- Acupressure: Ht7 (on the inner wrist folds, approximately in line with little fingers)
- Dream Zone: Joy Zone (inner wrists)
- Colourpuncture: Ht7/Joy Zone Orange (inner wrists)