Breath Work Academy Daily Journal

HOW TO JOURNAL

1. **Create a Sacred Space**- Find a place that is quiet, inviting, and relaxing.
2. **Find your Journaling Style** - There are no rules to journaling. Find the style that works for you and your lifestyle.
3. **Take the pressure off** - You don't need to be a good writer, journal everyday, or write for hours. Also you don't have to write if you don't want to. You can use your smart phone. Most phones have a voice recorder on them so you can just talk to your phone to get your thoughts out.
4. **Don't Censor** - Greet all your thoughts with compassion and understanding.
5. **Look for revelations** - Be open to gaining a different perspective on life, the past and your emotions.
6. **Remember why and adjust** - If it starts to feel like a chore, remember why you started and adjust your methods.

Your Journaling Journey

HOW TO USE THIS JOURNAL

Journaling is a powerful tool, whether it's already a daily ritual for you or a completely new adventure. I've personally found immense solace in it during challenging times, like navigating the grief of a miscarriage. It's a profound way to release stress and clear negative feelings, helping you gain a clearer vision of your path forward. Sometimes I write; other times, I speak my thoughts into my phone. The key is to choose what feels right for you.

You might be drawn to a beautiful journal with a cover that truly resonates with your spirit, making you feel inspired to pour your thoughts onto its pages. There are so many lovely options available, and while I considered including one in this program, choosing your journal is a wonderfully personal decision. Perhaps you prefer the simplicity of typing on a laptop or tablet. However you choose to capture your thoughts, know that you're doing something truly beneficial by releasing them into the world. Your mind will thank you for it! And if you're like me, finding a special, cherished pen just for journaling can add to the ritual.

The Transformative Power of Journaling

Journaling isn't just a habit; it's a pathway to a more focused, peaceful, and productive life. The benefits are extensive and deeply impactful:

Increased Productivity: Gain clarity, especially when navigating demanding work targets and deadlines.

Heightened Self-Awareness: Understand your inner landscape with greater depth.

Cultivate Gratitude: Develop a richer appreciation for life's small joys.

Improved Mental Health: Foster emotional well-being and resilience.

Enhanced Focus: Sharpen your concentration across all aspects of your life.

Ambitious Goal Setting: More effectively set and achieve your aspirations.

Boosted Confidence: Witness your self-assurance grow.

Significant Mood Uplift: Experience a tangible improvement in your daily mood.

Reduced Stress & Anxiety: Alleviate mental burdens and find calm.

Stronger Willpower: Build inner strength and determination.

Your Space, Your Freedom

There's no need for perfection. Your journal is your **personal space to write, scribble, and doodle.** It's not about creating a masterpiece for others, but a sacred space for your **unfiltered thoughts.** Trust your intuition; let your mind and hand freely release whatever is on your mind.

Just write.

When and How to Journal

Journal whenever it feels right for you. The key is to **build a consistent habit.** Aim for at least **5 minutes a day;** it takes roughly 21 days for a new practice to become second nature. Make it enjoyable, not a chore! Feel free to use **different coloured pens, pencils, or anything that inspires you.** I personally have one favorite pen I use exclusively for journaling—it makes the experience feel special.

Kickstart Your Journey

To help you begin, consider these prompts. Use them as a guide or simply let your thoughts flow. The most important thing is to enjoy the process!

- **Why do I want to start a journal?**
- **What do I hope to gain from this practice?**
- **What do I want to achieve through journaling?**

Remember, your "WHY" is your motivator for consistency.

I'm always here to support you on your journaling journey. Please don't hesitate to reach out if you need any help.

DATE: _____

How do you currently feel about your relationship?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that make you happy.

DATE: _____

What is intimacy to you?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that have happened which have had a positive impact on you.

DATE: _____

What does sex mean to you?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that have happened which have had a negative impact on you.

DATE:

List some turn ons or fantasies you have?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 people you know who love you for who you are.

DATE: _____

Describe your idea of a fulfilling intimate encounter.

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 5 things which would make you happy and content on your perfect day.

DATE:

Illustrate yourself in all your vulnerability

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things which you will be doing tomorrow.

DATE:

In what ways can you cultivate more intimacy in your life in general and or relationships in particular

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things you are grateful for right now.

DATE:

Think about you sometimes feel unsure or worried in your relationship. What things have happened in the past for you to feel this way.

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things you feel you would like to be remembered.

DATE: _____

What is the one thing you can do to improve your self love?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 people who are the most important in your life right now.

DATE:

How have your past relationships contributed to your anxiety in this relationship?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 strong qualities you think you have right now.

DATE: _____

Do you feel guilty if you self pleasure alone?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things to help you remind yourself of who you are and how far you have come.

DATE: _____

Do you love your body? Explain yes or no and give 3 reasons

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things you think the pain makes you feel.

DATE:

What are five passions you have and why?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things you would want to talk to that person about.

DATE:

How long does it take you to orgasm and are you happy with it each time?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things you would do to put into place to make your life more simple and enjoyable.

DATE:

Why am I shamed by certain sexual activities?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that you know are hindering your productivity in life and work.

DATE: _____

Why do I fear my own sexuality?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 5 things that you do on your Sunday's.

DATE: _____

What steps can I begin to start moving forward?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that you feel on your Sunday evening.

DATE: _____

Do I struggle to be with my partner in an erotic encounter?

Writing a journal helps you recognise your own feelings over certain things or events, no matter how mundane. For this exercise, write down 3 things that you feel when you are commuting to your job.

DATE: _____

Free Writing Space

If you feel anything has upset you or is playing on your mind, let it all out now so you can release it from your mind and it doesn't control you any more. Write it here and free write allowing your thoughts to come out onto the paper.

Carry on writing or finding other questions as you write and create. You mind will feel amazing after your first session and you'll want to carry on.

Know I am always here for you every step of the way. So just shout and I'll help you.
I look forward toworking with you to release the pain, stress and tension.