

Journaling is more than navel gazing. It's a rigorous practice where we attempt to make meaning of life, intentionally engage with our own purpose, and use our ever accumulating learnings in our lives to foster peace and love in ourselves and with others.



get journaling.

I have found that the people in my life who I am inspired by, moved by, and who are deeply connected to their purpose and living their values out loud, have a deep practice of self reflection and are often seeking an even more meaningful way to do this. So if you've been wishing to be a person who journals, there's a reason why you're yearning for the practice. You may be looking for a way better align your internal and external self.

Journaling is not easy, and our relationship with and to writing and personal reflection needs to be nurtured. How do we learn how to be critically honest with ourselves in our world that banks on us just going with the flow and not challenging the systems of oppression around us? I see journaling as part of a liberatory practice that helps me break free of my own chains.

Okay, you could just open up your journal and begin to write. But you've tried that before and it ended up somewhere on your nightstand, buried in your workbag, or regifted to someone else with the front pages ripped out, so maybe it's time to try something else. Don't you think?

In this guide you are invited to see journaling as more than just writing down your thoughts and ideas, but a practice. that brings us closer to our truth(s).

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**rambles
& DOODLES**
a research & development podcast

build the habit.

01

Create a ritual

Rituals are more than a routine. They are a set of actions that connect us into our spiritual/higher selves. Light a candle, pour yourself a hot cup of tea, or create a spot in your home. Dancer, Twyla Tharp, teaches us that a habit begins before the act. Once you've lit that candle, your journaling practice has begun.

02

Take a Deep Breathe

Maybe two or three. However many it takes to come into your writing centered and present. Reflection requires the space and time to think deeply about ourselves. The energy you bring into your practice is what you will get as an outcome.

03

Write

This seems easy enough. Put the pen/pencil to paper and let your words flow. While being thoughtful and intentional, you also want to allow the words to spill out of you. No need to edit as you go. Underline a thought you want to return to, but keep going. For those who need a push to write, start with a 5 minute timer and slowly increase your time.

04

Close Your Practice

Blow out that candle. Take that last sip of tea. Write a sentence of gratitude at the bottom of the page. Do something to let your body and brain know that this reflection session is over. You can return to these thoughts when you choose to, but for now, you are complete. Yay!

“Venturing out of your comfort zone may be dangerous, yet do it anyways because our ability to grow is directly proportional to an ability to entertain the uncomfortable.”