

The Be Do Journal

Well-being from Well-Doing

A course in Well-being through Journaling

Section 1

Introduction

Hello, and welcome to the **Be Do Journal** – A Course in Well-being through Journaling. In this course you will learn what journaling is and more specifically what the **Be Do Journal** is and how it will help you to bring about your own well-being.

Firstly, I should explain how the **Be Do Journal** came to be called the **Be Do Journal**. Well...the **Be Do Journal** is all about well-being and to be well it is important that we do well. Well-being from Well doing, if you like!

However much of what we do, we do absent-mindedly. We slip into unhelpful patterns of behaviour that we call bad habits and struggle to correct them until they feel like insurmountable obstacles to our well-being.

The **Be Do Journal** is a strategic friend helping you to rekindle your relationship with self-awareness. By deliberately engaging you with conscious choice and decision-making the **Be Do Journal** allows you to incrementally break down older negative patterns of behaviour, replacing them with healthier more supportive ones.

Well-being is the goal and well doing is the way. When we are focused and deliberate we do great things.

Anyway...we will get more into the finer points as we explore the **Be Do Journal** together.

At the end of this course you will have the know how and resources to begin your own **Be Do Journal** and begin your well-being journey.

As a freebie I've also included my Brain Breathing course. Which is a fantastic short daily meditation that brings big advantages.

I hope you enjoy the course and if you have any questions please do get in touch at hello@whatmakesithappen.com

Or come and visit me at www.whatmakesithappen.com



What is Well-being?



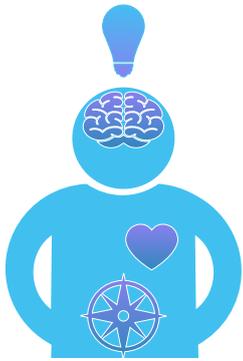
We all have an idea of what well-being is and there are many ways to define it. We could know it to be a state of mental, physical and meta-physical balance, a period of prosperity and health, or simply contentment. What really matters is what it means to you.

Whatever it is and however we know it, what we do to achieve it can vary considerably. For some, Well-being is the goal, its a daily focus in life. For others they're less concerned and may only start to take notice of it when their health suffers.

Whatever stage you're at as long as you are breathing you can do simple things to improve your state of being. Journaling can help and the **Be Do Journal** focuses on doing exactly that.

What is Journaling?

Journaling, put simply, is the act of routinely documenting your own personal life experiences.



More expansive than simply recording facts as in a diary, a journal contains:

Thoughts and feelings

As well as

Ideas and intentions

There are two main styles of journaling:



Free Form journals are more of an expression of consciousness where the writer documents their life. It's great source material for a biography.

And



Directive journals have a specific focus such as dieting, finances and well-being etc...The objectives are progressive and goal orientated. It's a great life-coaching tool.

Both forms of journaling start each entry with the time, date and/or heading.



Advantages of Journaling



Psyche Pressure valve

The self-reflective and expressive nature journaling develops makes it a very important psychological tool.

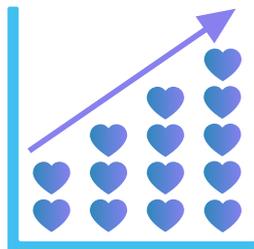
By documenting the thoughts and feelings from experiences allows psychological tensions that might otherwise build to be released very quickly.

Dream Distillery



De-cluttering jumbled and half remembered ideas, plans and goals that linger in our heads can bring much needed mental clarity.

Expressing them in a journal allows them to continuously and incrementally be redefined and refined, potentially evolving them in to reality.



Progressive patterning

Well-being is all about cultivating healthier habits. Developing beliefs and behaviours to support this means establishing clearly defined routines.

Journaling, especially the directive kind, nurtures the positive self-reflection and solution focused actions necessary to create those well-being patterns.

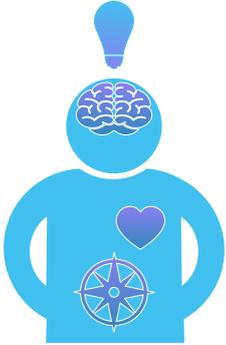


Recap



Well-being:

The state of being comfortable, healthy or happy
(Oxford English Dictionary)



Journaling:

The act of routinely documenting thoughts, feelings, ideas and intentions concerning personal life experiences.

Two types:



Free form
and



Directive

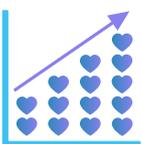
Advantages include:



Psyche pressure value



Dream distillery



Progressing patterning.

