

The Be Do Journal

Well-being from Well-Doing

A course in Well-being through Journaling



WHAT MAKES it HAPPEN

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CONTENTS

Section 1	3
Introduction	3
What is Well-being?	4
What is Journaling?	4
Advantages of Journaling	5
Recap	6
Section 2	7
What is the Be Do Journal?	7
Section 3	8
The Be Do Journal (example)	8
Weekly Well-being Journal (example)	9
Section 4	14
Morning Journal (example)	14
Section 5	16
Evening Journal (example)	16
Section 6	18
Meditation Journal	18
Section 7	19
Good Journaling – Pro Tips	19
Section 8	20
Outroduction	20

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?



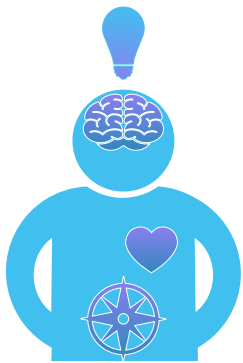
We all have an idea of what well-being is and there are many ways to define it. We could know it to be a state of mental, physical and meta-physical balance, a period of prosperity and health, or simply contentment. What really matters is what it means to you.

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.

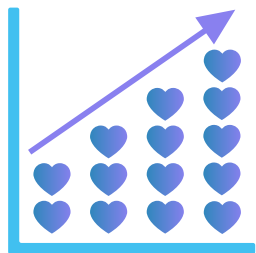
By documenting the thoughts and feelings from experiences allows psychological tensions that might otherwise build to be released very quickly.



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.

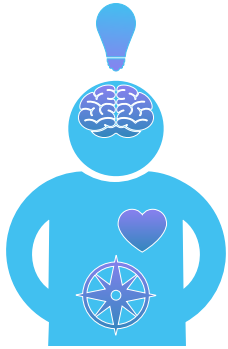
Journaling, especially the directive kind, nurtures the positive self-reflection and solution focused actions necessary to create those well-being patterns.

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

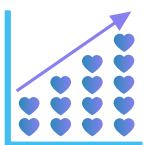
Advantages include:



Psyche pressure value



Dream distillery



Progressing patterning.

Section 2

What is the Be Do Journal?

The **Be Do Journal** consists of four short journals each taking no longer than about 5 minutes to complete.

The four journals are:

- | | |
|-------------------------------------|--|
| 1. Weekly Well-being Journal | Completed three times a week at the beginning, middle and end. |
| 2. Morning Journal | Completed at the start of your day, everyday. |
| 3. Evening Journal | Completed at the end of your day, everyday. |
| 4. Meditation Journal | Completed after your last meditation, everyday. |

The broad focus of the **Be Do Journal** is on general well-being and the objective is to improve the quality of your life by focusing on what you are doing. Remember, Well-being from Well doing.

Each journal offers a few simple questions directing you to engage with your thoughts, feelings and behaviours in a positive and productive way.

The answers require honesty, acceptance and non-judgment. All of which hone self-awareness, positive self-reflection and solutioning skills to bring about incremental growth.

So lets take a closer look at the Be Do Journal by going through a completed example. I've added some notes along the way give a bit more guidance but it is mostly self explanatory.

There is a printable PDF version of this example in the course material as well as a blank copy of the **Be Do Journal** to get you started.

Section 3

The Be Do Journal (example)

Over the next few pages we will take a look at the journals that comprise the **Be Do Journal**:

Weekly Well-being Journal

The Morning Journal

The Evening Journal

Meditation Journal

Bear in mind this is a general well-being practice and is designed to raise your awareness whilst working towards simple, daily realistic and achievable physical, mental and meta-physical goals.

Weekly Well-being Journal (example)

There are three entries made in to the Weekly Well-being Journal over the course of the week:

Weekly Well-being Goals

Midweek Review

End of Week Reflection

The goals are an over view of what it is you'd like to focus on for the week and generally include areas around exercise, diet, rest, relationships and personal interests.

Weekly Well-Being Goals

So here we have the first entry into the weekly well-being journal and this is where you choose your well-being goals.

Of course, your week can start whenever you want it to start, be it a Sunday, Monday or Thursday. Its up to you but generally try to keep the start consistent.

You can have as many goals as you like in the week but do make sure that you don't overload yourself with lots of unrealistic complex goals that might seem great but are just a little bit too impractical to pull off in the time that you have. After all, we are looking to create a pattern of success here and not one of struggle and hardship.

So, here I've written two goals:

Walk at least 20 minutes a day.

And

Drink at least 750ml of water a day.

Weekly Wellbeing Goals		Date: 10/10/2050
Goal/s		
walk at least 20 minutes a day.		
Drink at least 750ml of water a day.		

I know its recommended that we drink at least two litres of water a day but even that can be hard to do if you don't drink very much to start with. And 'yes' coffee, tea, beer and soft drinks all contain water and 'no' they do not count as water!

Obstacles and Solutions

An important aspect to consider when creating your goals is to understand what is likely to prevent you from achieving them. We very often get distracted, become unmotivated or simply lose interest and 'Obstacles' like these can very easily derail us from achieving well-being goals. So we highlight those obstacles and then focus on how to overcome them so they are less likely to knock us of course.

Solutions are crucial to your success but be realistic. The art of success here is being honest with yourself. It may be that the obstacles are just too great as you struggle to find a solution to overcome them. In which case you may have to rethink your goals and that's ok. It is better to be realistic and achieve your goals than it is to overestimate your abilities and be disappointed.

The example I've given here of walking at least 20 minutes a day is probably more realistic than if you had opted to walk for an hour a day as that might be too tricky to consistently fit in to the day. If you felt that you could do more in the day but was unsure if you could consistently pull it off everyday you could redefine your goal as walking 20 minutes a day and completing a 7 minute work out for the days in which you have more time.

Ok, so lets look at the obstacles and solutions I've written in this example.

Obstacles	Solutions
I am too lazy Low motivation and energy	Engage with the thoughts and feelings of why getting fitter is important to me. Immerse my face in cold water to energise me.
No time	walk to shop everyday to buy a 750ml bottle of water and drink it on the way home. Walk around town on my lunch break.
Not fun	It's as fun as cleaning my teeth and just as important. Make a walking play list. Download walking app.

The first obstacle is 'I am too lazy'. This is a very common self reflection and not a very positive one. It would be more useful and perhaps more truthful to reframe the obstacle as you having low motivation or low energy or both.

A solution to this obstacle could be to find ways of engaging with motivation and energizing yourself. So here for example I've written 'Engage with the thoughts and feelings of why getting fitter is important to me'. Equally you could write 'Immerse my face in cold water to energize me.'

The second obstacle 'No time'. Is another classic and very real problem that we all find our selves complaining about. We all have 24 hours in a day and we fill it with similar things like sleeping, eating, washing, studying, working and leisure etc.... Sometimes all it takes is be a little more creative, flexible or resolute. In this example I chose a solution that doubles up on using time to achieve two goals by walking to the shop everyday to buy a 750ml bottle of water and by drinking it on the way home. And on top of this I could use my time at work by walking around town on my lunch break.

The third obstacle 'not fun' is one of the biggest derailers of all. WE so easily get distracted from our goals because they become a chore. Usually this happens soon after the initial enthusiasm dissolves into an unwanted pressure of yet another thing to do in the day. However the reality that not all we do is necessarily fun is worth keeping in mind. We already do plenty of personal hygiene activities as in the example given here where I write 'Its as fun as cleaning my teeth and just as important'. Sometimes we just have to accept and keep in mind that there are consequences to not doing things properly. I like the phrase 'only brush the teeth you want to keep'. It helps to remind me that if we are already doing something like eating, cleaning, exercising then why not apply a little more attention to them to improve what you are already doing. But saying that, we can make things easier for ourselves by making things more engaging and interesting for us such as 'making a walking play list or download a walking app.'

Midweek Review

The second entry on the Weekly Well-being Journal is the Midweek Review and a good time to do this would be on the beginning of the fourth day. It's a general recap on what is going well and what is not going so well and an opportunity to make some fine adjustments.

So, there are two parts to the Midweek Review: The Review itself and the Changes you make off the back of that review.

Review and Changes

Midweek Review		Date: 13/10/2050
Review	So far so good. Missed my walk to the shop to get water yesterday but drank 750ml of water at home. Must get better at reminding myself of the reasons why I am doing this.	
Changes	Bought a case of 750ml bottles of water so its easier to have a bottle with me. Wrote a statement of intent about why its important for me to get fitter and will recite it everyday.	

In this example the Review tells us 'So far so good. Missed my walk to the shop to get water yesterday but drank 750ml of water at home. Must get better at reminding myself of the reasons why I am doing this.'

From this review we can make a few tweaks to how we go about achieving our goals. Making 'Changes' are all part of that crucial ongoing redefining and refinement process so indicative of the **Be Do Journal**. In this example I have made the changes: 'Bought a case of 750ml bottles of water so its easier to have a bottle with me. Wrote a statement of intent about why its important for me to get fitter and will recite it everyday.'

End Of Week Reflection

And so on the 7th day we take a look at the third and final entry into the Weekly Well-being Journal – End of Week Reflection. There are two sections here Reflections and Forecasts.

As with the Mid Week Review the End of Week Reflection gives us the opportunity to appraise what went well and what didn't go so well during the week. We can then take what we have learned and applying them when considering our next well-being goals.

Under Reflections make a note of anything that stood out for you in the week as you tried to achieve your well-being goals. They could be revelations, challenges, feelings or lessons.

Under Forecasts think how you can apply those things you've learned from this weeks experience so that next week is easier. Over time you will tweak and develop better insights and ways of achieving your goals. Turning experience in to knowledge and then applying this will put you on the path to wisdom as well as well-being.

Lets take a look at our final entries in this example of the Weekly Well-being Journal.

End of Week Reflection		Date: 17/10/2050
Reflections	Getting in touch with the thoughts and feelings of why i am doing this really helps. walking to the shop is not always possible because of the rain so bought a pack of water for those days its not possible. Must get a fitness app that monitors my steps.	
Forecasts	Continue to meditate on the reasons why getting fitter is important to me and recite my well-being Statement everyday. Motivate myself by using apps and setting phone reminders.	

So that's the end of this section of the Weekly Well-being Journal and here's just a few things to consider. When deciding upon your next Weekly Well-being Goals reread the End of Week Reflection just to remind you of how you might create your new goals for the week. Also don't be afraid to repeat previous goals. This process is always refining itself and although the goals might remain the same the challenges and solutions to achieve them can vary. As long as you are aware of what you are doing and continually adapting to the challenges you will achieve your goals.

There will come a time too when these goals have been practiced and achieved so often that they become positively, instinctive patterns of behaviour. It's at this point that you can start to focus on different goals.

And finally, do not rush. This process needs to be an honest and realistic account of what is going on for you. It might look unimpressive and you may feel that you are moving at a snails pace but if you stick diligently to this process you will learn skills and a pattern of behaviour that only when you look back in a months time you will see just how far you've come and how much better you feel because of your **Be Do Journaling** efforts.

Section 4

Morning Journal (example)

In this part of the course we will look at an example of the Morning Journal. It consists of two parts:

Three things I am grateful for

And

Goals/Plans/To do's

Just one note to consider here: The Morning Journal is to be completed after you wake (not necessarily in the morning). I like to complete my morning Brain Breathing meditation before I fill out the Morning Journal.

Three Things I am Grateful for

Ok, so the first part of the morning Journal is straightforward. The attitude of gratitude is what this section is all about so be sure to honestly get in touch with feelings of real gratitude before making your entry. We can often think of things that we should be grateful for but unless we truly feel this gratitude it becomes more of an intellectual exercise than one of connection. Don't worry if things don't come to you, something might bubble up to the surface, if not, just move on to the next section and perhaps make it a goal for the day to note things that you feel grateful for.

The examples I've put here are:

Morning Journal	Date: 10/10/2050
Three things I am grateful for:	
1. That feeling of peace that swept over me during meditation.	
2. Tasting the subtle flavours of Earl Grey tea.	
3. My daughter telling me yesterday that I was the best dad ever!	

Goals/Plans/To do's

In this final section of the Morning Journal we take a look at Goals, Plans and To do's for the day. Write a list of what you want to realistically achieve today. It's ok to write seemingly unrelated things to well-being like Tidy the house, go food shopping or pay the car insurance. As long as these things give you a sense of achievement once done they will feed into your 'success' story.

Remember, some of your daily goals will reflect your Weekly Well-being goals and in keeping with the example I used earlier we could include in today's goals:

1. Drink more water than yesterday. 750ml at least. (Weekly Well-being Goals)
2. Join Adam at lunch time for a power walk. (Weekly Well-being Goals)

Other Goals/Plans/To do's for the day could also include:

Goals/Plans/To do's	(Tick if done)
Respond to all email enquiries.	
Fix the wardrobe handle.	
Do Brain Breathing exercises 3 times. (Brain Breathing course included)	
Complete the Be Do Journal.	

When we get to the Evening Journal we will come back to this section and 'tick off' all the things that were completed and reflect upon how the day went. Tomorrow, before you write the days goals/plans/to do's its useful to reread the previous days Evening Journal as it often informs how you detail the current days goals. I appreciate how cryptic that might sound right now but don't worry it does become clearer as you use the journal.

So that's it for the morning journal. It's a really quick and focused way to set your intentions for the day after engaging with a feel good attitude.

Section 5

Evening Journal (example)

In the Evening Journal there are three components.

Three things I was grateful for today

Reflections

Forecasts

Note that it is to be completed before you sleep (not necessarily in the evening). I like to complete my evening Brain Breathing meditation before I fill out the Evening Journal.

Three Things I Was Grateful for Today

The focus here is to recall those things that happened today that you are genuinely grateful.

Ending the day focusing on those things that you are truly grateful for really comes in to its own when you've had an awful day and struggle to find anything good in it. This daily routine strengthens your ability to align with something more meaningful and in tough times flexing those feel good mental muscles can make all the difference.

In this example I've written:

Evening Journal	Date: 10/10/2050
Three things I was grateful for today	
1. Enjoyed noticing the taste of the water I was drinking and how it refreshed me.	
2. That sense of relief and fulfillment after having read and replied to all my emails.	
3. Grateful for the opportunity to stop for a moment and enjoy the sound of birds.	

Reflections

At the end of the day we tick off those completed goals/plans/to do's we made in the morning journal before reflecting upon what stood out for us, and any insights and the lessons learned.

Here in our evening Journal example I've written:

Reflections	<p>Learnt about the 'Helpful and Kind' exercise today. Really resonated with me and is something I would like to do more of in my day.</p> <p>Setting reminders on my phone to drink more water worked well and was fun. I will use it more to remind me to be grateful, focus on helpful and kind thoughts, to take more breaks and to Brain Breathe!</p> <p>Was a little over critical about how well I was meditating today. Gave myself a hard time for feeling like I wasn't doing it right. At least I did it as not doing it is the only way to fail at it.</p>
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Forecasts

In the final section of the Evening Journal we look at how we might use the notes we made under Reflections to improve what we do tomorrow.

Write down anything that stands out as being something you can do or change that will make achieving your goals tomorrow easier. Also list anything that you need to remember to do.

Finally, reread today's forecasts tomorrow when thinking about your goals/plans/to do's as they may help you to decide what to focus on for that day.

The examples I have give here under Forecasts are:

Forecasts	<p>Will check in with my thinking tomorrow whenever I feel stressed and apply the Helpful and Kind Thinking exercise.</p> <p>Will set reminders on my phones to drink more water and take more breaks.</p> <p>Will be kinder about how I approach the brain breathing exercise.</p> <p>Focus on finishing website, phone Dad about holiday and book an appointment to see the reflexologist.</p>
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Section 6

Meditation Journal

Meditation and mindfulness allow you to build a uniquely authentic relationship with yourself. A routine that encourages acceptance and non-judgment cultivates indispensable life skills of self-awareness, compassion and strength of focus all of which are vital friends to your well-being.

Journaling insightful observations of your practice enables you to reflect and deepen your experience.

I practice a technique called Brain Breathing. It's a short meditation lasting 3 minutes and repeated 3 times a day. The Meditation Journal is based on this practice however if you wish to modify the journal to suit your own practice please feel free. If you would like to know more about Brain Breathing I have also added that course to this.

Brain Breathing Journal (example)

As Brain Breathing is practiced three times a day there are three entries to make:

Morning BB notes

Afternoon BB notes

Evening BB notes

Make observational notes on how your practice went for example: anything that stood out, any distractions, the highs and lows, and where you could place more focus. If you wish to learn the brain breathing technique it is included free in this course. If you have your own technique feel free to modify the journal to suit you.

This journal is fairly self explanatory. As the exercise is done three times a day then it makes sense to do it in the morning, afternoon and evening.

Here in our example I've written:

Brain Breathing Journal		Date: 10/10/2050
Morning BB notes		
Kept getting distracted by thoughts but managed to refocus as soon as I became aware of mind wandering.		
Afternoon BB notes		
Visualised my breathing really well and enjoyed feeling the energy. Mind wandered a little but not for long. Felt really clear focused afterwards.		
Evening BB notes		
Made me feel really tired but also relaxed which was great. Struggled a little with the visualisation.		

Section 7

Good Journaling – Pro Tips

The **Be Do Journal** is your personal book of consciousness. The goals you write about, the observations you make and your progress you enjoy will all be a reflection of just how unique you are. No one can do this for you and there are no corners to cut. This is just one way to make an account of yourself to yourself and bring about joy and well-being in your life. Its going to be a continuous journey and one that will bring you great rewards. However! There are plenty of ways you can make it harder for yourself. And as I am all about putting you on a path of success here's a collection of pro tips to make it easier for you.

Pen and paper

It is ok to type your journal into your phone, tablet or computer. For me I spend way too much time on these devices and love the tactility of writing. It also makes it more accessible and bedtime friendly.

Keep it simple

The Do Be Journal is designed to be quick and slick. It's very easy to bog a good thing down by over complicating it. Try and keep your entries short and to the point. It might not say all you have to say but it will focus your mind enough to highlight the most important bits.

Honesty and acceptance

To get the best from the journal be honest with yourself about your thoughts and feelings. You may sometimes be uncomfortable with them but acceptance is key here. It is easier to work with truth than it is with the confusion that can be borne out of well intentioned but self-deceptive entries.

Routine and Righteousness

When filling out your journal find times that work best for you and stick to them. You might do it in bed or whilst having a cup of tea, you might prefer to be alone or in company. What ever, where ever and when ever be consistent and approach it with a focused mind. Personally I do my journaling after morning and evening Brain Breathing exercises as I feel relaxed, focused and ready.

Feel your answers

This is an important part of any kind of directive journaling. You have at least five senses and if these or an emotion aren't stimulated in some way then it will be harder to progress. Engage with how your entries make you feel before writing them down. I would suggest if they don't inspire some kind of feeling then you might want to look for another.

Don't give yourself a hard time

It is ok if you drop a day or two of journaling. You might forget, not be bothered or have something better to do. As long as you allow yourself to step back in to it at any time, it's all good. So many people give a good thing up because they think they've failed or are not doing it well enough. Like with anything, it takes practice and as long as you can refocus and bring yourself back to the task then you will continue to reap the benefits.

Doing it badly is better than not at all

Despite all the advice here, do it your way. This is an ongoing process and you will get better at it.

Section 8

Outroduction

So there we have it. What have we learned? We know that Journalling is pretty cool and that the Do Be Journal is all about increasing your well-being.

Give it a go for a year and enjoy the changes you experience because of it.

If you feel that this course has been useful and you'd like learn more cool tools, tips and techniques for well-being then come visit me at www.whatmakesithappen.com

Until then I wish you happy journaling.

Peace,
Graham

WHAT MAKES  it HAPPEN

   online psychotherapy