

# JOURNALLING FOR BUILDERS

A friend of mine is a builder, and he told me he'd never be able to journal because it didn't sound like his thing. He now takes his notebook and pen with him everywhere he goes and has discovered more about himself than he ever thought possible.

"I started by writing the words

*I don't know what to write*

and it just went from there"



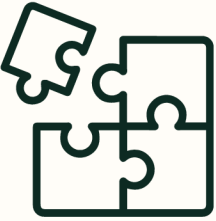
## 1. SET YOUR INTENTION

Decide why you're journaling today—whether it's for clarity, emotional release, or creative exploration. This intention will guide your writing and keep you focused.



## 2. CHOOSE YOUR SPACE

Find a quiet and comfortable spot where you can write without distractions. The right environment helps set the tone for honest reflection.



## 3. START WITH A PROMPT OR QUESTION

If you're not sure where to begin, use a simple prompt like, What's on my mind today? or What am I grateful for? Prompts can spark deeper insights.



## 4. WRITE FREELY AND HONESTLY

Let your thoughts flow without judgment or censorship. This is your space—no one is grading your grammar or punctuation. Authenticity is key.



## 5. PAUSE FOR REFLECTION

Take a moment to reread what you've written. Notice any patterns, emotions, or surprises that stand out. This is where awareness begins to grow.



## 6. CLOSE WITH GRATITUDE

End your session by noting one thing you're grateful for, even if it's the simple act of journaling itself. This helps shift your focus to the positive.



## 7. MAKE IT A HABIT

Consistency is key. Decide on a frequency that works for you—daily, weekly, or whenever you feel called. Over time, journaling becomes a powerful practice for self-discovery.

NOW GRAB YOUR NOTEBOOK AND PEN—IT'S TIME