



# Journaling: The Rules of the Road

"I have always known that at last I would take this road, but yesterday I did not know that it would be today,"

--Narihara

## Why we journal:

1. For connection to our inner wisdom.
2. For relief from pent-up emotions and desires.
3. To give our dreams a voice.
4. To find the hidden parts of ourselves.
5. For the purpose of manifesting our visions.
6. To facilitate JOY.

## The Rules

1. Be honest with yourself.
2. Always write with the intention of experiencing relief. This could be having a sense of release, gaining insight, finding compassion or understanding, etc...
3. It's okay to make lists, grocery lists, to do lists, travel lists.
4. It's okay to write the same sentence over and over again.



5. It's okay to draw, doodle, or scribble in your journal.
6. It's okay to use a lot of exclamation marks in your journal.
7. It's okay to misspell.
8. It's okay to use clichés.
9. It's okay to forget to capitalize proper nouns or the first word in every sentence.
10. It's okay not to use punctuation at all.
11. It's okay to share or not to share what you've written.
12. It's okay to cover up what you've written.
13. It's okay to like what you've written>
14. Please, please, please, buy a journal and a pen that inspires you, but not one that is so precious you'll be afraid to "ruin" it. I like Moleskine Notebooks.
15. It's okay to journal on your tablet, laptop, or computer.
16. Focus on process instead of product. Focusing on the product that is, trying to be insightful, witty, poetic, prophetic, etc...will create a block for you. Your journal is a place of personal freedom! So enjoy it.

Try this:

1. Open up a book randomly and read the first sentence you see.
2. Re-write the sentence in your journal.
3. Set timer on your phone for a 5-10 minutes
4. Write whatever comes to your mind next. WRITE STREAM of CONSCIOUSNESS. There will be a point where you think you've run out of things to say, but it's important that you do not stop writing. You'll amaze yourself at what comes to your mind. Remember, it's okay to write, "I don't know" over and over again, just don't stop.



5. Don't have a book handy, use this "Hey, look! I'm dreaming that I'm flying..." (The Untethered Soul, by Michael Singer)

Have fun!

Yours in Joy,



Krista Arthur  
Founder of JoyCode™  
Discover more at [www.MyJoyCode.com](http://www.MyJoyCode.com)



## About Me

I teach people how to eliminate the debilitating forms of stress and anxiety, recognize and stop self-sabotaging behavior, and cultivate joy, prosperity, power, and peace in their lives.

Since 2001 I've taught hundreds of people, including homeless and pregnant women, veterans, entrepreneurs, lawyers, moms, and dads how to live more joyful, abundant, and balanced lives using a combination of Spiritual Guidance, Neuro Linguistic Programming, Mental and Emotional Release® technique, and my 24 years as a meditation and mindfulness student and practitioner.

I love what I do, and consider it a gift from God that I have been blessed with the opportunity to help people just like you improve every aspect of their lives with JoyCode™ Spiritual Mentoring, Meditation, and Mindful living practices.

**I'd like you to remember two things:** one, every earthly problem has a spiritual solution, and two, you are powerful beyond imagining.

Let's work together. Go to <https://myjoycode.com/> for more information and free goodies.