



As If It Already Is Journaling Exercise

Shared by Meryl Cook, IAJW Journal Council Member

Sheltering in place and working from home during the COVID-19 pandemic can be challenging. In Nova Scotia we have had the added heartbreak of a mass killing, a downed helicopter and a missing child. The days can feel long and it can be difficult to maintain focus. One thing that has helped me is to maintain my morning routine of daily yoga and meditation followed by writing in my journal.

Recently Debbie Adams of *People Can Consulting* suggested a simple tool, which I have adapted and am using in my journaling practice. The exercise is basically to write two entries in your journal or notebook each morning.



Journal Entry 1

- The first entry is to write something about how much you are looking forward to the day and what you hope to accomplish.

Journal Entry 2

- The second entry is to write as if the day has already passed, and how it was even better than you anticipated. In my journal, I am starting the first entry with “Today is going to be an awesome day ...”. The second entry is usually something like “Today totally rocked. Not only did ...”.

This simple exercise is helping me to keep a focus on the positive during this stressful and sometimes discouraging time. As the weeks of sheltering in place have turned to months this daily journaling practice has kept me feeling generally happy and excited about life and my business. May it help you to do the same.

