

A ANALYTICAL

Journaling helps you to look at your work and life, clarify goals, face facts and dismantle denial. It improves decision-making, critical thinking and enhances the brain's intake, processing, retaining and retrieving of information. Writing clarifies thinking through better structuring ideas and identifying information and data that may be valuable to you in reaching your goals.

A few prompts

- What does success look like for you?
- What are the goals you need to achieve to realise this?

Journaling the Whole Brain® Way

D EXPERIMENTAL

Journaling helps you look at your life holistically, giving you time to be creative, imagine and dream. It allows for synthesis and integration of the many moving parts in your work and life. It enables future focused thinking for encountering challenges and is a source of conceptual development and stimulus of the brain's highest cognition.

A few prompts

- What are your hopes and dreams?
- What is your desired future for yourself and your family?

B STRUCTURED

Journaling is a commitment to a daily practice, sticking to the discipline of a daily reflection. Journaling about your goals helps you clarify what you want and how to go about achieving it. It provides the opportunity to evaluate your actions linked to your goals and objectives, improving execution and follow through. The daily practice encourages you to take the next action necessary to achieve your goals.

A few prompts

- What are the steps I need to take to put my plan into motion?
- What tools and resources do I need?

C RELATIONAL

Journaling helps grow your awareness of self and others. It contributes to developing greater intuition and deeper insight into your relationships. It boosts long-term memory, illuminates patterns and gives the brain time for reflection. It can help with reframing your personal narrative by recounting your thoughts and experiences and therefore your 'story'. It's also helpful in overcoming stressful events and relieving anxiety.

A few prompts

- Who could you connect or collaborate with to achieve your goals?
- What relationships do you want to work on?