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So this is all about drilling, and I realized that this is like i'm like such a nerd about this, and this is the topic that, like I can get so excited and kick out about so much and so I have been working through

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the week to build all of the information that i'm gonna give you tonight into a course, because I feel like every time I have an idea.

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I just have more ideas. That branch off of that and I just wanna make sure you have a chance to get all of that. So what i'm gonna do first is i'm gonna go ahead and

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Maybe my no, you know what i'm still downloading something so i'm gonna grab the link afterwards.

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But i'm gonna send you guys the link to the course Sarah.

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I might have to just click a button, but you should already have access to it.

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And then, stephanie you'll be able to have access to it as well, and and anybody who's who's registered for the workshop and is signed in you know i'll give you guys the

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login information we'll i'll do that via email as well.

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What's that wait what are we looking at i'm so confused. Oh, i'm gonna i'll send it later an email But you're logging so the login information that you already.

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Have for the course There's a new person there specifically for journaling with with a bunch of information just you can come back to it.

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Yes again later, so I will wanted to Just start out with a little bit about what benefits journaling has.

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But before I do that, i'd like to hear either what benefits you already think it has, or what objections or hasations you have about journaling

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Do you wanna go first, or do you want me to go first? you know fairies?

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Okay, So it's something that I was told to do and I don't like being told to do that

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I'm kind I screw you and like I know the benefits are like like it gets stuff up here out.

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I just always felt like this move so fast that I can't get it out in time, you know, like I i'm like writing.

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I can't write as fast as I think yeah I can't write as fast as I I talk, and so like I'm a verbal processor so like I can do a lot of stuff.

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Like inside, but like like yesterday, I was, you know, having crazy and anxiety, and so I had to.

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I reached out to somebody and process it that way and she's like Oh, you know she grounds you you know like, I know that journaling.

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I've heard this really grounding as Well, I started and I just don't do it.

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Yeah, Well, if it's an obligation that that makes it tough to stick to for sure.

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Hold on some time. i'm like I have nothing to write about. I feel like writing stuff down is to help process but I process so fast in my head that it's already processed before I can get on yeah that's why talking is so much because I can talk a

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lot faster, and I I mean So then writing so and plus It's like out to somebody, you know, and i'm just i'm exclusive that way, anyway.

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So not as expressive as other things it's great that I I wanna trade a little bit because I am such a visual processor that if I don't have it written down first, it doesn't stay in my

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head, and if I don't put it down on paper to glance over at it, it doesn't it doesn't come out of my mouth. so I I I wish that I had a little bit of that there but I I might have a

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technique that could still be a little bit beneficial so we'll see and i'd like to Yeah, i'd really like to like That's why i'm here.

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It's like I really wanted to you know hear your ideas like I like I said, I know the benefits of it, and plus if it gets shit out of here, then there's room for better you know other stuff, and better stuff, So like okay, Well, that would

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work, too, Sarah. what about you? Have you do know any benefits, or have you?

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Do you have any of your own benefits, or do you have any of your own like objections that it's been hard to like?

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Make it happen. I have like goals but definitely like there's obstacles.

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At school I am not the fastest with writing, and so sometimes they'll give out like notes, and we have to write them down.

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But I don't write them as fast like stephanie was saying, like, I don't write them as fast as like I could like.

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Look at them or think of them. I like it takes me well, because like. also I don't want to like make like like scribble.

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I wanna like make like look readable and and like make it look. And also, if I have to show it to a friend, if they're not there at school, have to be like, Oh, well, here here are my notes yeah read them and

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But also I want to make them look really pretty at the same time, and like, I want to use highlighters.

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Make them all pretty little doodles and but like I just can't do all of that, and I just want like better ways to organize my notes, because right now, for homework.

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We have to do bullet points, and they have to be like just simple bullet points, but they're like really ugly.

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And so like ways to make them pretty alright.

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Okay, cool, so more of like a visual organization for them.

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So it sounds like just from talking to both of you.

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You guys know a lot of what the benefits are, and you hear so often.

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All of all of the benefits for journaling if you Google journaling just you can just say journaling you're gonna scroll down, and it's gonna be the 15 top reasons.

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You should journal the 20 top reasons. the 16 benefits the 8 best, everything.

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And so it just kind of goes. It goes on and on, and some of the top things for journaling are like you guys, said being able to process thoughts and being able to kind of like think through them in an organized.

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Fashion. it helps to reduce anxiety.

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Because you can kind of work through those thoughts, safely release some of those thoughts.

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It helps you to achieve bigger goals. because you can take all of these things that you have, and you can put them into place so that you can see what needs to happen. and you're you're able to find inspiration and I feel

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like for your fast think thinkers this actually might be a good place, because, as your thoughts are being processed to kind of grab some of them and put them down, gives you a chance to kind of dig into them a little bit a

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little bit deeper. Well, and I know for me it's gonna help me really organize my life because you know i'm i'm a new single mom.

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I've never been a mother or anything in my life and so this is like completely overwhelming to me, and I just have so much stuff to do that I'm just like I can't it's like organizing up

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here. It's just not working so Yeah, i'm hoping that it helps me with that, too, because you said that would you say that it?

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It just helps organize things. so it helps to organize it, and it helps to be able to get to those goals that you want.

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Yeah, So some of the major objections that I run into First of all, so many of the people actually need to organize all of these thoughts to be able to release them, so that they're not spiraling inside

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they're really busy people. and so journaling is another activity It's something else to do right, something else for the to do less. So a major objection is i'm too busy I I don't have time to make this happen

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not liking to write either. just feeling like maybe you're not good at writing, who are being more of a verbal processor, or not not wanting to have to take the time to put words on on the paper

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that's that's often an objection for and and especially when it's presented to kids to journal, right they This is that's a that's school work this is this isn't a relieve

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of stress. This is just one of the ones I was telling you.

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I already had. Do you know, and perfection is a huge one.

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So, Sarah, I can I i've heard this so many times like I wanted to look pretty.

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I just bought this beautiful journal. it's got this great cover Why would I want to put something in it that's going to mess up the pages, and so just kind of having that that fear of moving into that and Then a major

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one. it's not knowing why so journaling because you're told to do it, which is more of a reason to not do it right.

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But not necessarily having the reason of like alright this is why I need it.

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This is what it's gonna do for me personally and I feel like I see that a lot when i'm looking at at all of these Youtube videos and pinterest boards. It's like Okay, we've got you

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know the the mood tracker here. the water tracker there and we've got all these trackers that look really pretty in the bullet journals, and they're they're all you know whatever's trending on

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pinterest is the next thing put into the journal. So being able to have a really deep meeting, for why your journaling is gonna help you is is really gonna be what's important.

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Well, then, I guess I do kind of journal so like in the morning.

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I'm sorry I interrupt you I like this part of my routine in the morning before I drink coffee.

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Is, I write down my gratitude intentions and affirmations, and it's gotten up to like a list.

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I mean it's usually more than 10 and like usually about 3 intentions for the day.

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And it's funny, because I actually do have a really pretty journal I bought for period tracking, and with the moon cycles and everything, because I wanted to get all into that and it's sitting right?

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Behind my computer and I just don't do it like Yeah, I just like there's something there's this block in me where i'm just like I don't I don't feel like i'm lazy.

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But i'm just like yeah i'm not gonna do it today.

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So then I don't do it. yeah so I I and and that's probably the biggest problem is that the people who want to journal don't

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And it can't work for you unless it's going to be that thing that you open all the time.

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So what I want to do today is I want to introduce to you all of my journals, and to to be fair.

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I've got some old journals, in here but I actually have several different styles.

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And and and in this Okay, so like if I i'm I'm an artist.

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Okay, So if I don't write something down I haven't processed it to learn your name.

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I've got to write it down you know and and once I see it in writing It's like, okay, I get that.

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And in all of the notes that I have in all the writings, I as I as I was putting together the course it's like, Okay, I know that quote.

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I can picture it that it's diagonal on the left hand side of the page.

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But I don't know what book I wrote in and I don't. I don't know I don't know what date it was.

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And I I don't know the placement but i'll start flipping through the left hand side of the page looking for diagonal writing, and so I find it and i'll just feel like I know that's what

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it is, and so so to have that visual is why I have so many different journals.

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But I I I wanna just introduce to you kind of all of them that I have

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So i'm gonna do. I I actually have 5 different journals here with me today.

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I'm gonna talk mainly about 3 but i'll i'll introduce you to all of them.

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So the the first one is called Bullet Journaling.

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Have you guys heard of that before? Okay, so, Bullet journaling was invented by a guy named Writer Carol and He didn't really know he was inventing any thing.

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But he he has ad. And this was just a system that he produced to be able to manage all of his ideas and to be able to put them in all into one place.

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And so basically, what a bullet journal is is. Think about your mind, Dump.

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When you put a list down onto paper. and what he'll do is he'll he'll look at that list, and then he'll go down and help, and he he'll categorize everything in that list with different

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bullet markings. This is something that I have to do.

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This is a person I have to call. This is an event.

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I have to go to, And so just kind of categorizing what's been doneed out on the page, and then he has a bullet system which I have written down in my journal. i'm gonna actually just show you So

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there we go so right at the top there that's that's my bullet system right there.

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If it's something I need to do there's a dot there.

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If I finished it I put an x if I need to save it for tomorrow I have an arrow that says it's for later tomorrow, and I have a star.

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If it's really important, and for the most part I am using that that system, when I when i'm writing things in but that changes here and there.

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But I I have a general idea of what's going in there

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I want to just show you my first one because I got all excited about this idea, and I I went right into trying to create.

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And here's here's my bullet list the the first time that I did it.

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I had this full symbol system and it took out that it it wasn't actually something I was using.

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I really just needed to have things on the page. And so the the way the way it works is is bullet.

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Journaling, he says, is a mindfulness, practice, disguise, as a productivity system.

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So when you go to the store and you buy a daily planner it's got the weeks. it's got the it's got the months all planned out, and this is where you put in your to do list this is where where your schedule

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goes. The Bullet Journal has a really important piece to it called the future log, and that's also in this I'm gonna just flip to that really quick. so that you can see what a future log looks like so a future log.

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Is just simply 6 months into the future, and all of the things that are in that month.

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So I wrote down birthdays. I wrote down goals.

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I wrote down events that I thought was gonna happen. and it gives you like that big picture goal.

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Because when you say, you know, hey, I 70 year you're working similar to me, like, Hey, I I wanna have you know 10 people on my team in the next 6 months and 3 months have gone by and You have 0 people on your team this

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future log allows you to kind of see the big picture so you can start to see the months as they're approaching, and you can start to take all of these to do.

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Take all of these tasks and start to put them into a a place where you're gonna you're gonna actually see them happen.

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So the other thing that is characteristic of a bullet journal is habit trackers.

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So we talked about ha forming habits the other day in our workshop, and Sarah, we've talked a little bit about habits, but we're gonna really dig into those as as we're moving forward

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but have a tracker is basically keeping score, and that that brings out like our our gaming instinct.

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Right like to be like. Yes, I got 5 points yeah I got you know. I got a 100 points.

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It doesn't even matter points are kind of arbitrary but to feel like your earning points really is kind of a motivate, a motivator.

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So i'm gonna show you my brand new journal on this is one that i'm just kind of reflecting in the evening.

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But this is the most important page of the journal this is my habit tracker, and in order to start the habit, the rule is, I've got to open the journal, and circle the number of the date that it is if I if

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I opened the book that night and I I circle the day it counts. If I don't write anything it doesn't even matter as long as I've opened the book circle the date accounts. I get points.

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Okay, So that's that's basically the first thing that you need for any journal is that tracker?

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So whether we're doing bullet journaling whether we're going to do one of these other methods you want to make sure that right at the beginning of your book you have a scorekeeper for every time you open that

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book and that is going to be the thing that's going to make this happen because you want to always have your book with you doesn't matter what's in it.

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If you don't look at it right you can have a of the most important things in the world.

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But if you Haven't looked at it for you know a week or 6 months, it's not doing anything for you.

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But if you open it every day it is gonna start to to work for you.

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So any journal that you have the very first thing that you're doing if you're gonna you're gonna put in that tracker right in the front.

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But with I just have it laid out as the the next few months, and I wrote it in in the order of the dates, so that it looks like a Sunday through Saturday Calendar.

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You can just have a whole bunch of numbers and say hey?

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This is the 30 third time that i've opened my journal and and just checked to see whether you're skipping a day, or whether you're doing it in order and you circle each number.

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So it's up to you what's gonna work But now it's gonna be the thing because it's gonna make sure that you're that you're opening your journal.

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And then we have. Let me see, Let me go back and see if my if my email has finished the Bullet journaling is like a giant to do list.

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It is a lot like a giant to do less to do list today on my sticky notes

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Probably. So that's your list from today. right you know I get the idea like this.

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So yeah, I I can put my list from stay in there and at the same time be able to look ahead because i'm starting to like.

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I I literally went from like doing nothing for like years to now, being so busy that over well, yeah, it's everything.

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And so I am that's what i've been struggling to do, because, like you know how coach Queen posted that thing about the the half hour to 45 min you know workshop or share or something I wanna do that but

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i'm not in a place to do that and she was like she posted on there like, Oh, you could go like 3 months out, and i'm like Okay, Well, that's doable and then, crap I have nowhere.

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To write that so it's like it's a goal for it 3 months out right right.

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So it's so the bullet the bullet journaling takes your to do list, and it's and it like I said, it's it's a mindfulness practice disguises productivity.

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So we're trying to get stuff done but it's being mindful about what you're doing.

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So once. so So one of the things that i'm like Sarah, I do like to have kind of a pretty space.

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I like to use stickers, that's a sticker that's a that's a sticker, and this was one of my trackers that I did and I do the same thing. Stephanie, I put a sticky note of

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my mind dump of like this. This is what I have to do.

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This is what I have to do. I only have 3 spots. and every day for my top 3 tasks, because I know if I put 30 tasks in unless they're not all gonna get done.

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So I take my my sticky note that's my mind dump up!

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Oh, my goodness, I have to call this person! Oh, and and you know I I have to fix this, and I have to pay that, and and I I have to call so and so, whatever it like.

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I take all of that. And now I mindfully have to figure out okay, which one of these things have to do with the goal that I'm trying to achieve, and which one of these things has to stay on the sticky note and being more and

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everyone in a while, Maybe every like several months i'll probably go 2 or 3 months. I go back and i'll read through all of the to do is that never got migrated over and a lot of times.

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I look back and i'm like yeah no still not gonna do that and and other times it's like coming up isn't it.

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Yeah, I gotta move that forward. So the it the bullet journal allows for the the opportunity to kind of really move things around to make sure that you're that all of the things that are swarming in your head Actually, have a place in your

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intentions. You can get all that shit out so you can be more creative

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Think about your grocery. your grocery lists Okay, You've You've got your eggs your mouth, your bread and strawberries.

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Okay, and you walk into the door, and you're like what do I need to get me eggs, milk, bread and strawberry.

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Oh, look! Peaches eggs, no threads drivers peaches!

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And then you're repeating this list and it's spinning around in your head.

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Now it feels like you have to get a 100 things because it's just sitting there in your head.

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Try and you're trying to Remember it all so it feels like a lot of extra things when you put it down in paper.

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It's just a line and you can see it and it's like Okay, not so bad.

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Well, I didn't actually eat peaches I just saw peaches.

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I'm gonna move that one inside for now the milk that's really important.

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I need it for this recipe ahead so once you are once you're looking at your list in a line.

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You can also kind of sort it out. Do I actually need to do this right now?

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Is this important for my future goals? Do I need to do?

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I need to do this in this moment Why, do I need to do this, and it's all right there in a line versus in a spiral where you're trying to remember or it's kind of spinning in there so the

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bullet journal gives you that chance to kind of get it down on paper, and most of what productivity is gonna be about is deciding what not to do. Right?

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So it's it's not always what you've got to do but decide. you know which one of these things you you aren't gonna do so.

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The The last piece that I was talking about when I was talking about journaling is in in finding your Why, this is gonna be really the foundation of what a bullet journal is built.

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So let's take this time i'm gonna have I didn't actually have anybody bring a journal with them today, because I want to show you these 3 different techniques.

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So that you can decide what type of journal you want. So a bullet journal has these dotted pages, which is that showing up on camera? No, that's kind of lur.

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Oh, wait! I almost got a dot, anyway. A bullet journal is is dotted Rose, and what that allows me to do.

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Hi. I wrote this down at the beginning, so that I can I I have a structure, and I don't have to do all all of this counting every single time.

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So I know that the the rows from my weeks are about 13 rows apart.

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My calendar if I want them to fit on a page a certain way that I don't always go back to all this.

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But now, I know like just in in my journal. it's got 39 dots from top to bottom.

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It's got 29 dots from side to side so I don't have to count those Yeah, yeah, and it's a dotted bridge.

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So it's not a full outline so when you don't attach thing.

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You don't have just a graph it's not just graph paper.

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It gives you a lot of space for creativity I feel like i'm gonna go back to my first journal because I was trying to figure a lot out in that one.

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So this is a typical layout for my week. I almost always use this 13 block line.

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It gives me a lot of room to write It's got a Monday, Tuesday, Wednesday Thursday Friday, and then I used to do Saturday and Sunday.

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I don't actually write anything in for saturday and Sunday.

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So that's kind of my mind don't spot I wrote quite the quotes in that area.

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I'll do little sketches. maybe something that I need to remember something.

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Somebody said i'll i'll write a lot of that stuff in there.

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This was another layout that I tried, so it was more of a vertical and I had a tracker down at the bottom.

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I was trying to do meal prep at that at that bottom section of it again, just trying to fit a lot of stuff in

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I find that in weeks that i've done a lot of decorating, or I've done a lot of things it feels chaotic for me.

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And so in my in my newer journals. I have just really.

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I use stickers a lot of times, but very simple layouts so it's clean and clear and come back camera.

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I don't I don't know I don't know how to adjust it.

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There we go it doesn't It doesn't like you throwing things in front of it.

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I find that weeks that have lots of decorations in it feels like, hey?

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Asked to me so just having that simplicity has has been something that I've learned to but adopt for this method.

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So in the course, when you go through I I link to view for for different week layouts.

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And the thing I love about this video is she actually takes her phone and sets it aside while she's setting up her bullet journal.

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And she times herself. she's like okay this is a 4 min setup.

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This is a 2 min setup. letting you know like this is how much time it's gonna take

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I wish and hope Talia signs on because tell us bullet Journal process.

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My daughter's process is very much a meditative process for her, and she will draw out every single freaking little square in that book to fill out a sweep trap tracker or to to fill out a line of day

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type thing, and she's just very meticulous but the process of writing the dates over and over again.

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The process of drawing the lines and that repetitive motion solar meditation. So it's it's all like that opportunity to just kind of be right there with your space you're there, with your with your list and your your

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week preparing yourself for the next thing so if you're if you think of it like Oh, my gosh, i'm gonna draw this out so that I can get all these ideas down.

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And it's in my way it will be in your way it will stay in your way.

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But if it can be a meditative, process feel like what it's like to just kind of just draw lines over and over again that repetition. it's It's like driving you know it it It allows you to kind of just

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shut down a little bit and focus in on on the thoughts that are coming, so that meditation time. it's almost like connecting your energy to the journal.

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Yes, yes, so much so So you want me to text talia to join.

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Sure you can. She is babysitting, so she might not even be home yet.

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But yeah, my hair. I right here my hair used to be that color.

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How old are you? 16 yeah. When I was your age my hair used to be that color beautiful.

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It's beautiful it's a it's a really rare color.

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I it really is. Do you like your hair I do like my hair oh, that's awesome!

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No, no dying it I hated one here. so yeah i'm so happy that you have red hair, and you love it, cause I love my hair now, but like man in high school I hated it.

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It's tough, but because, like a lot of people like make jokes.

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But like I just play along with them. but that's good you have a good attitude.

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Yeah, I did.

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Sarah is fantastic she's got such good energy so that's that's why that's why people don't give you too much trouble.

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Because you because you've got the good energy that's just it. It protects you that's awesome man.

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I wish I knew that at 16 so it's been great to have Sarah Andalia together, because i'm a teacher, and I think the most important thing about being a teacher is that you're a lifelong woman like You're

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always taking in new information. and so the experience of working with them allows me to learn.

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So that's that's really a cool thing that's awesome.

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So I wanna create a shift to another style of journaling.

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But before I do, I would love to hear just any thoughts, ideas, and questions, and I want you to know again.

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I am process things. the visually so writing is how I think first, and then I will speak later, so the course, will hopefully have a little bit more of an organized fashion of a lot of the information.

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I have, so that it can be easily received for you guys

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Questions, comments, idea, I wanna get a bullet journal. Now it's so fun do you have like actual bullet journals or like, Do you? have to like make it. Nope you got bullet journals I

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actually I've got I got the same i've gotten the same one, all 3 times.

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I don't know why I think it's just because it's my caller.

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I like pink I got these at michael's pretense. sometimes I got them for buy one get 1 50% off, and that's good, because all the girls always want to have a bullet.

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Journal. So so that helps to have that that little deal.

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But yeah, you can, and if you look up bullet journaling it'll yeah. And now your pinterest board will be jammed path.

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But i'm gonna put this disclaimer in again. we've talked about this a little bit at the beginning.

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There's a lot of trends out there there's a lot of things that people put into their bullet journals to make them look beautiful.

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You want to remember that the things that you're putting in there should align with what you want to do.

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So actually this before we move on. This is the next activity that I want to do.

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I want to do a little activity before we move on.

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All you need is a piece of paper and a pencil cause we're gonna We're gonna write down these slots and while you're doing that i'm gonna show you one of my other journals this is my

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notebook is this viral notebook, And this is where, again, in order to process things, I just have to dump.

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I have to write it. it's a curse because in order to write one page of important information.

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I've got to write 20 first and weed it out and find it and rewrite it and retype it, and I can't think when I type so I write it first, and then I type it and when I get

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stuck. I print that out, and I start writing on that and we'll print that.

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So I decided I needed to have a spiral notebook.

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I write down all of my junk notes like you said Sarah when you're when you're got it all going down on the paper, and it doesn't look pretty that's where it goes and I rip all those pages

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out later. So I have nice blank because new thought means.

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I need a blank page, and so i'm constantly 3 words on a page. Huh! No, this is a new idea.

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I need a blank bone, so i've I actually back to school.

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Time stocked up on a ton of these spiral notebooks that are nice and pretty anytime that I go to a workshop.

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I am just writing profusely, and then the this information that I just dumped down gets placed where I need to find it later.

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So sometimes it goes in my bullet journal. if I have they they call them collections, and that's where you might just have a page.

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That is all about Maybe you have a page that's just copywriting.

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For for you, Stephanie sarah maybe

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It's It Tv shows I wanna watch I whatever whatever it is, like.

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Collections are the place where now you're gonna you're gonna be able to come back to a list about an idea, and you're gonna be able to find it in there later.

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So most bullet journals that have like that they're specifically bullet journalists will have a table content space in the front.

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So you don't have to build one you can just start filling in and and so like if i've written notes from a certain workshop, i'll take that workshop i'll bring that to my bullet journal.

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because that comes with me everywhere. And so I know like if this is information I'm gonna wanna have it comes with me.

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Stephanie, I new to all of like the the idea of being in line with the moon phases and stuff like that.

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So that was something that I wanted to know that I have with me.

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So I I looked that up at the beginning of the year, and I put that at the beginning of my journal.

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So now I have that as a reference whenever i'm filling out my week, I can check in on that and be like, huh?

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Yeah, that's Why, I'm: feeling this way and I and and I can put that in there. So So that's why, you have those those collections.

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Okay, So kind of went off on a little tangent there, but link piece of paper.

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So you have a place to dump we're gonna write down 15 things.

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So first we're gonna we're gonna organize them and 3 lists. we're gonna write down 5 things that you'd like to have 5 things you'd like to do 5 things you'd like to be

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5 things to be to have into what have been due and when you write these down right now, whatever paper you're writing on it's magic.

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Okay, so you go ahead and just write down whatever your wildest wishes are. they?

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Don't have to be what you want to be able to have in the next week. They don't have to be what you want to be able to have in the next year.

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These could be just a lifetime of what you want to be able to have

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I'm seriously drawn blank Yeah. that's Okay, right now. that's okay. huh?

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I said, you have everything you need. Maybe right now I do.

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Actually that's one of my information is I have everything I need. Yeah, So this that might that might be a really clear reason of why you have a block well, and it's it's funny because I was thinking the notebook.

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Thing like i've done that for years. so apparently i've been journaling, and never really knew it, because my mind i'm thinking journaling is like a diary, you know like an emotional dump or like

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so it was mean to me you know like you know like I didn't.

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I guess I didn't realize that all of this stuff like I have notebooks that I've moved 7 times since I've lived here because my notebooks and that that's That's what I want like

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That's the biggest thing I want to be a takeaway from this workshop is for people to realize, maybe, that they've already been journaling, and to be able to just find little tweaks of where it can be

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valuable, but also to realize that there's just so many different options.

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So that it can be beneficial without having to fit into that box. I'm: allergic to boxes. Yeah, for sure.

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Yeah, I never knew that I always thought i'm like okay, i'll keep a diary, and I do do release writing so like on nights that I just can't sleep.

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Yeah, I was I read somewhere that this is really powerful so like when I can't sleep for whatever reason if I don't get up and do some release writing.

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I will never sleep if I get up and do the release writing and don't.

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My subconscious then and I don't even like I just put the pen on the paper, and it just goes like I can't read it.

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I don't know what it's saying I mean I do cause it's coming through.

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But yeah, And then I can go to sleep yeah yeah and so another type of journaling that i'm actually not gonna talk too much about

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But it's from the artist's way and she calls it artist pages, and it's actually she talks about.

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She is more morning pages she talks about doing it first thing when you wake up jumping everything out under the page, and the rule is, you have to write for 3 whole pages. and if you don't know what to write you're right I don't know what's all right blah blah blah my

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mind is blank and There's a squirrel whatever it is like. you're just dumping that down, and the rule is, you can go back and read it that's not what this is for and so that that release is

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is very like those release pages to sleep very much a similar process.

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Yeah, alright. So you guys wanna share your have dos and bees.

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I don't have anything, nothing all right, that's okay, So when you sign into the course there is that section, and then the other section is smart goal, which might be also something that you're familiar.

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With, and it kind of writes down writing a smart goal.

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So One thing that I feel like, is it difficult balance to strike is on one side.

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You want that, not you. you. You want that non reaching right you.

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You want to be in that place where you're satisfied you don't have to have more to be satisfied.

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However, it's that tough balance of where can I improve why, you don't wanna just stop You don't wanna just stay there.

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So you wanna have that little bit of something that's next so that there can continue to be growth.

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And so sometimes on the have we a lot of times think of it as material?

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But it it might just be to have a continuous list for knowledge right?

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It doesn't actually have to be something physical but whatever whatever these things are.

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You're just gonna wanna like twisting movement a certain way because at the end of the day, when you're sitting down beginning of the day, whatever time of the day, you're sitting down with your list in your bullet journal, you need to

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know whether what's keeping you busy is in alignment with what you actually want, what's your what your target is So when you know what you want you can check to see if it's just busyness what does he say about busy let me see if I

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can quote busy is rider carol says busy it's just being functionally overwhelmed and so we don't want to just you busy for the sake of busy.

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So when you can start to look down at the paper and be like, this is an alignment.

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This thing on my to do. List is going to get me what I want to be. it's gonna get me what I wanna have, or that's opposite of what i'm trying to get at I can say no to that thing on the list I

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don't need to do that today, and so really important mindfulness practice of taking that to do list and deciding whether it's moving you forward or stepping you back, because so many of the things that we are doing in a

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day are the things that somebody put a big bag of should on our shoulders and said, You should do this. You should do that, and we're doing it because of some kind of should belief system somewhere, and so on.

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We can look at what we actually want to get to and find out that's That's where that bullet journaling system is alright.

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Next is Field Journaling. Let me see if I can access my here

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Because okay, I got the link i'm gonna pause that before, and then I it keeps going, and i'm gonna share my screen with you.

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You're reading what you know holding your hands is the culmination of a license. we'll soon see.

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How's that there are fantastical creatures

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You have this sight. never see things the same. the secrets you were about to learn that many of this realm would prefer to stay him.

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Creatures you will meet my true sight beyond and most of them do not like them.

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I'm going to so am I i'm quite happy to read by now.

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Call Frank, but a rare few are quite frankly the darker forces of this realm all live in service of one creature.

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The older motor secrets here with him up. Hope, more powerful than even I was on there before, has knowledge of the fantastic to call round in the summer.

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So I implore you, dear reader, use this information license, for the older Mogarat seeks knowledge.

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With relentless persistence came The information in these pages can assure you his intent be the violence he assumes.

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Many for, and so you must constantly more. I learned. Yeah, yes.

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I beseech you.

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So that is gonna that's our introduction to fields He calls it a field guide.

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But this I call it Field journaling and If you've ever seen the movie Spiderwick.

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Chronicles. it's just got a lot of fantastical beasts and and critters, and things like that.

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And so a field guide is a combination to me of art and science mixed together.

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But really what you feel, What if Field journal is for you it's your encyclopedia for your mastery.

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So this is the place where you are gathering all of what you want to know, that's relevant to you for you and your mastery.

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And again for those goals that we want to establish at the beginning. We want to know what we're shooting for, but this one's the this: one has a little bit more of a looseness to it So so the

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word passion I feel like is a little, has a little bit of a debate.

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There's there's that this concept of you've got to follow your passion, and if you follow your passion in the life is gonna be good.

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And then there's also that idea of like yeah no following following your passion.

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That's not a thing like people don't just have a passion a little bit more on that side of it, because a passion, the way that I that I describe it is like a bonfire.

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Right it's a blazing huge like you you see it radiating from people like this is the passion of of my life.

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This is the thing I absolutely adore and I love and you look over that person, and you just like I am not that passionate about anything, you know, and we we know passionate people that they have there were like.

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If if somebody's made it to the olympics, they are passionate about their one thing right like their their their heart and soul, and everything pours into that.

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Well, the important thing to know about fire I don't know if they don't.

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They don't start blazing like that rarely every once in a while you let a match and boom something something's lit up.

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But I have tried to start enough fires that it is actually not an easy thing to do.

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If you've got if you've got the the wet asses, or you've got the the wet logs from, you know the the previous rain.

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It takes a lot of work, and it takes trying to find those tiny little things that are dry and that will actually catch on fire.

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I have lit paper on fire to then have it just coupla and have no flame after that, because once that paper is burned out. it. It hasn't caught under anything.

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So the way that passion works is it's little sparks of curiosity.

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It's little embers right and it's not just one it's sparks come from everywhere, and everything.

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So anytime you've got little spark you wanna get in habit of starting to put those sparks into your field journal.

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Maybe it's just this really cool Maybe it's cool piece of clothing that you saw.

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Maybe it was a beautiful flower. Maybe it was just that caller.

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Maybe it was a quote that somebody said, or the way somebody said a quote.

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Maybe it was a line to a song or a line in a movie.

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Maybe it was the taste of a certain recipe but you know sparks when you feel them they're not blazing fires right away with their sparks.

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They're little bits of interest that's like Hmm! I wonder now, some of those sparks they hit.

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They hit the paper they hit the ground. they just go out right.

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It was like it's great for that moment but there's the sparks that hit something that is a little bit bigger.

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And now we're digging into that spark a little bit Okay, Hmm.

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That dessert at that restaurant tastes so amazing.

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What was in it, and you sit there for a minute and Now you're curiosity spark starting to explore a little bit.

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That's like that that crumpled newspaper that's starting to catch fire.

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That can go out, too. That can be done. but if we wanted to continue a little bit more.

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Now we've got to add those those little thin sticks. you know those sticks that are going to be able to build and catch a little bit more fire.

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And so it's like, Okay, you know that recipe had molasses in it.

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What if I tried this recipe with molasses?

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Because maybe molasses is that new thing so we're adding, kindling to that spark, and we're starting to grow a little bit of an interest.

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Well think about the logs. they take a lot of the kindling to get down to stay.

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Let right. we're thinking like this is this might be where really big courses come in.

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Maybe it's it's taking an online. course Maybe it's going to college for this for this subject.

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Maybe it's getting a doctorate in it but logs take a lot, and the more that you are the more that you are learning about something, the more that you're fueling that spark the bigger the flame gaps and so many times

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people think we need to have this passion so that I know what to do.

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And really all you need is the spark so all of that in our fires.

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What we're talking about with field journaling is just starting to collect anything and everything that is of interest to you learning to deal with it like a science.

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So if you look at those those drawings it wasn't just the face of a fairy creature, right we saw the profile.

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We saw what the wings look like. We looked at the measurements of how long the arms were, and how big this creature was in relation to another.

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There is little plants and rocks and things tapes inside to to relate to.

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And so your field journal takes this idea, and it digs into it at different perspectives.

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It turns it around it, it asks some questions about it, and asks some leading questions that go another way. and your your field journals just starting to kind of dig into these ideas had a little bit more of a scientific perspective.

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So I have another video. Yeah, I wanna show you And this one is about

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Okay, this one is about deliberate practice. It is by

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Anders Erickson. This is the person who is talking here.

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He is actually the writer of the book Peak that talks about the concept of deliberate practice.

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So practice makes perfect. but it doesn't make new I Think Adam Grant said that, and so the idea of a lot of times when we practice something. we're doing the same thing over and over again. and I could say that I practice brushing

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my team. I do it every single day, but I do it in the same way.

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Deliberate practice would be trying to get better at brushing my teeth every day, trying to figure out a new way to do it, so that maybe it's more efficient.

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Or maybe it reaches more team that's that's a deliberate practice.

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So he's gonna just talk a little bit about that We kind of distinguish between 9 practice and deliberate practice night practices.

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People who just play games, whether it's basketball soccer or somebody goes out playing a golf game. So they're just accumulating more experience.

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We differentiate that from when you actually pinpoint something you want to change.

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And once you have that specific goal of changing it, you will now engage in a tax activity that has the purpose of changing that.

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How do you actually apply these ideas to deliberately practice when you're not opener, the key is to identify something specific that you actually can improve.

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So, for example, in many meetings you're actually making a presentation, you're making a proposal, and the question is, now, how can you improve that?

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What you need to do is to invest time and actually work out various issues that might come up with questions and then maybe making the presentation in front of the video, camera, You can actually look at yourself and make corrections.

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Even before you've been depressed, that's our identify something that you can actually do better, and then focus the training on improving that particular aspect until you can now integrate it into regular performance

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So your Field journal is your opportunity to do this deliberate practice.

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It's about taking these sparks taking all these things that you're curious about and starting to collect data about some of these things, so that you have places to figure out what needs to be improved on what needs to what needs to grow

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and change, and how you can get better, or how you can collect more information or or more knowledge.

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So this is leveling up the field journal is leveling up your genius, and it's writing your own instead of for your mastery.

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So this is this is your chance to figure out the thing that you care about, and start kind of answering things into it.

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So a field journal would be something that you carry around with you all the time, and as you've got sparks, you pull them in, and so many times you're you're gonna show up to certain classes, especially in high school

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it's gonna be a little bit different when you get to choose your workshops and and your courses.

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But you're in you're in those classes and You're just like, Why am I here?

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What purpose does this have today? where this this isn't what I want to do?

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It's wasting my time and I need to get to that thing I want to do until your teacher says something maybe utterly ridiculous something that just is like it stirs up anger.

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That's okay. that's all spark any every every time you've got something that's gonna feed into your mastery.

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Sometimes th what's feeding into your mastery is what you don't want, and sometimes it's feeding into what you do want.

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But when you keep this field journal now you've got these sparks, and you've got these things to dig into and switch around perspective and branch off of, and just try to figure out how it can work and really for your mastering so

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this is this is your chance to then as you're taking notes for class, because it's just for class.

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Now you can kind of pull up that one little sentence that's like That's right, and and get that into your space, so that you're you're collecting that towards your towards your goal, and towards your master great.

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I have one more method that I wanna introduce to you guys today.

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So this one I kind of we. We spent a lot of time on bullet journaling, so I wanna just hear thoughts and reflections.

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And what you guys feel about field Journal and and how that might relate or not relate to you.

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I i'm iffy about the field journaling I am not.

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I don't know it didn't like it sounds kind of bad but it didn't at the field journaling didn't spark an interest in why I like prefer like writing but I did like the bullet

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journaling. Yeah, Yeah, no one that's that's good I think that in order to know what you do want you also have to know what is not that right?

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And I also like the habit tracker that you said in the beginning there was like a habit tracker that you had showed us.

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I like that? Yes, and I would I i'm gonna recommend that, for whatever journal you decide to start writing is to have is to have that habit tracker there.

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I used to do I did feel journey journaling last year, and I also did Bullet journaling last year, and I definitely didn't like bullet journaling like at all when I started.

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I don't know Why? Because like it's my favorite thing in the world now is like last year.

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I don't know it wasn't last year is 2 years ago.

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I was just like Mom, you're crazy about this this sounds so boring. and now it's like my favorite thing.

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So I definitely think Bullet journaling is good but Field journaling I don't really do it anymore.

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But when we did do it I feel like when I like got into it.

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I liked it just because I liked having like the notes of information for things, but like I feel like it wasn't as fun as the Bullet journaling definitely. So you like the result of it. and and having something to go back to But you

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didn't really want the process I want to just feed into that just for a minute, because deliberate practice is hard.

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It's not fun in order to practice deliberate practice You're gonna step outside of your comfort.

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Zone. you've got to do something that's not easy, and you've got to do something that you fail at.

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And so the Field Journal does kind of encourage that idea of deliberate practice, and it encourages or leaves space for you to have to face some of these failures and and face some of these discomforts.

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So it definitely does set a little bit more of an aversion because it's it's not it's not fun relaxing peaceful, mindful draw line drawing right this is this is where you're kind of

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digging in to the stuff that you might rather just cover up or shovel aside right

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Apparently I've been doing all of these journalings in one day.

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I love it so like I have I mean I don't do drawings and stuff, because for whatever reasons.

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But like I, research crystals you know so like I have the little heading. and then I have like all of the properties. I have pages and pages of that, like intermixed in my notebooks and stuff, i'm like Oh, I know it's.

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On this, you know, in this notebook and then, like I was, I was taking a class on skillshare on like a healing like how to create your own healing Yoga classes. And stuff.

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And so I have notes on that, you know, in this in a different journal.

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But something I still do like mind bumps and stuff and so it's funny how all of mine are combined, and intuitively I thought the other It was the other day, maybe a couple of weeks ago.

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That I really need separate journals and because i'm like this is getting too jumbled like like this is my you know.

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Work journal now that I do for the workshops and stuff but it's getting jumbled in that, too, because I don't like I do my classes in here and I do the workshops, and like I might start a

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class, and then, you know, or like my my niche work thing, and so I do that in here.

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But then I I interrupt. it with like a workshop or a class or something. and so i'm like it's getting all jumbled, and so i'm like I need separate.

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But now i'm concerned i'm gonna have like 20 books you're gonna be like me, cause I research everything you know like anything that Sparks interest in me.

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I'm like I always give it. a a chance you know, and if it sticks, then it'll be something that keeps repeating and keeps repeating, But if it's something that i'm like Oh, that was

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cool like astrology like I love astrology. but i'm like I don't care enough to get into it that much go to somebody else, but I still have like bill notes on astrology and

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mercury, retrograde, and all that kind of stuff.

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So you know it's just yeah it's just funny that I've been doing this stuff kinda like how we were. we were talking about before, like the fact that we knew all this stuff and then you start googling stuff.

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And it's it's a legitimate thing and i'm like That's how I feel right now. i'm like I've been doing this shit for years. like Yeah, and and and if nothing if nothing else it's such a

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great affirmation to know like okay this is i've been doing this stuff, and this is why I am doing it.

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And it's also amazing to to know like some of the information that you have isn't something that other people have heard, even though it's it's the same it's the same thing with the algorithms right you're

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scrolling through Instagram Tiktok. Pinterest.

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They know what you wanna look at, and so when you're scrolling at it.

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You're just like everybody already does this everybody knows this everybody can do this.

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Everybody in their mother has an opinion about this and then you talk to your neighbor, and they're like what's that. and it it's great to know just how many different directions all of our expertise can can pile into and and

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build our own things all right. So last one that I want to talk to you about today is the feature journal, and I invented that. And I made a little video.

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So I went to show my phoenix journal real quickly.

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Yeah, i'm I was actually gonna show I I was gonna show the Phoenix Journal right after the the video.

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So I would love that and I also want you to show your bullet Journal, because Oh, no, I didn't like I didn't like Colin.

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Let me see if I can find it really quick I didn't link my thing I didn't I didn't like the big video. I don't wanna waste your time. It's actually in the course you can see It

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there. So Phoenix is a mythical creature.

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Okay, it is a fiery bird that they say there is There's only one that exists, and it said that in front of a phoenix in the presence of a phoenix.

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You cannot tell a lie, and that their tears, when they cried their tears have healing powers, and when their story has ended they burn to ashes.

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They they make a nest of spices and they burn to ashes, and then they're reborn from those ashes to become a phoenix again.

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So it's just this one phoenix they don't have to have another to exist.

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It's its own thing because it's reborn from itself.

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And it's reborn into something new alright so tie.

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You want to show the bullet you want to show the Phoenix trail.

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Yes, I'm making my way downstairs Oh, I could. Okay, you have to go .

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Well, my backpack is downstairs. So this is the finite team, external.

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And so the idea of it was. Obviously it first looks really cool and you can wait.

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What did you say in the beginning about? You said something about like adding pages, and how that like referred to the Phoenix as well?

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Yeah. So the the thing that's really cool about this Phoenix Journal I I chose this I found this on Amazon.

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I have a link to it also in the course with no affiliates It's just it was a cool journal.

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It looked red, and it had leaves on it, but it reminded me of feathers the way they were.

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And the coolest thing that the coolest feature about this journal.

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So the the process of a phoenix journal is that you are not telling it a lie.

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You're just dumping all of your thoughts all of your emotions, and maybe even some of your tears into these pages.

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And what is, is the main reason? And what is the main fear for anybody ever writing down all their thoughts?

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Is that somebody's gonna find those right these these are just for you?

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And so what happens at the end of taking all of these is that you tear these pages out, and you bring them outside to the fire, fit, and you burn them.

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And then from those ashes you have an opportunity to start new and to start fresh.

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And my favorite thing about this journal is that they're refillable pages.

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So you don't have to feel like you're tearing apart a journal and ruining a journal.

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You have that opportunity to rip that out and know that There's always space to refill it, and and to always start new.

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You're always gonna have that opportunity to start now so the Phoenix Journal.

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It it's it's a it's a safe place to really dump out because we we talked about this as like.

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This is what we thought Journaling was right. This is probably one of those those thoughts and ideas about taking our our feelings, taking our emotions, and it really does just like that grocery list.

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It helps Take that thing that's spiraling around in your head and just put it down in an organized space where you can see it, and you can release it, and you can let it go.

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And now you can physically take that extra step of letting it go by letting those pages burn and have that Sim, that that symbolism, this is no longer here.

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We have a place for a fresh start. and so

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Just really this was an idea that I have for my girls, so that they had a safe place to really be able to process and to to scribble out in anger or to write down in fear or to to spill out in in

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tears and sadness. whatever they needed to kind of spill out in a safe place to know that the next place those pages were going to be.

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We're gonna be in their hands and and burnt to ashes so that they could leave, and they could be in a safe space.

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I really like the external tell you about that. Can you see me right now?

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I I can and I see some there's there's Oh, it's the camera.

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Oh, yeah, I can't move that sorry cause when I go out I can't see myself.

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But Okay, But yeah, the phoenix journal definitely like when she explained that I thought that was like really cool, and that you came up with it by yourself.

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It's like cool, too, and and then just gonna add to this nothing is new, right?

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We. I think we even talked about this a little bit in the last workshop.

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Stephanie, like no idea is just a brand new idea that I had. I came up with my by myself right.

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It's just it's taking all of these ideas and all of these things that already exist in connecting them.

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And That's what Creativity is it's about taking things that that belong in different places, putting them together and now something new exists from it.

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Phoenix is and that's a lot of mythological preacher that has lots of Google articles and renditions and perspectives.

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Journaling to spell out emotions is something that people have been doing for years, and and and counselors and and coaches are are inspiring their clients to do.

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But this helps to solve a problem which is when I spill my ideas out.

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I don't want somebody to find it you know and this this solves a problem to make it a safe place.

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Yeah, it's really cool alright, so tie are you sharing your your bullet journal pages where should I start?

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That's a good question. Do you want to show us how you start at the beginning.

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Do you have a Do you have a bullet key?

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Yeah, do you use it kind of so this is it's very thick, because it's it's kind of turned into a scrapbook at the same time, and I I started to do like keys and stuff that I just

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didn't finish that. so I in the beginning of the book I wrote like goals and books.

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I've read and bucket lists and this one I really liked.

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Yeah, so that you don't take no that one yeah wait what I I think before we couldn't see the whole.

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So i'm hoping that we can see so yeah So these are just like beginning of the book, like for full year.

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Kind of things, and I just these I kinda forget to fill out.

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Sometimes because it's in the beginning of the book and it's like not cause this one I saw on pinterest that you like write your day out of 5.

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I also haven't been doing that and then for each month. I have a front page, and I have my goals for the month, and then I just started doing this this year and I put a bunch of like my favorites of the month and I just

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like sorted out, and I have like calendars, and then these are just like the highlights of my day.

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And then I put pictures and mood charts and habit trackers.

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They're usually like the same thing but it's just like different variations.

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I guess so. tell you uses lots of stickers she does do some drawings and stuff in there, but like she said, hers is is kind of a meld between a little bit of productivity.

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Because she's using it for like her to do list and stuff.

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But first is very much a scrapbook it's like a memory keeper.

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So a lot of the things that she's tracking are actually things that have happened to her, and and events and memories and first times and bucket lists of things that she wants to do and then again she'll she'll kind of

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check in with certain goals and those will be some of the trackers that she'll add into it again.

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We talked a little bit about like it's her mindfulness activity.

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My my brothers. will watch her and just be like are you really writing out every single one of those letters, or you really drug every single.

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But it's it's a meditation it's it's a creative relief.

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It's an expressive relief, as well I think August was my favorite month.

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I think it looked. It looks pretty it's not the sunflower.

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Those are a little ugly. I have my my poop.

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Page. Yeah, not like, like who's like who's who the big because because I I told my grandparents about that, and they're like, Please don't tell me we track how much you put i'm like no no of

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course. So yeah. And and then September. I just started now, and I just I.

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A while ago I did like color themes and it's kind of just like fell into.

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Oh! and then this month I decided to like put into words instead of colors, cause, like the callers, look ugly.

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So I wanted to switch it up a little bit, so that one, I need to add.

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And then that was the last page, and then I have one more month, and then I need to get a new one.

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But that is my whole bullet journal cool. How many months are in that one book?

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Actually, only like 3 or 4, because well, I do a lot of pages per month, like I think I have like 12 pages per month, so like it takes up a lot of the book.

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So I thought I would get through a whole year definitely not so actually don't know.

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Well, maybe so. 5 months cool not enough and my bulletins usually last the full year, because I'm I'm mostly.

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I have a week and I have or I have my months, and then I break down my weeks, and I'll have a collection here or there of things that I want to track but for the most part, I'm using it as an

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organizer, or as a plan or to make sure that all of what I'm putting in it is aligning.

01:26:29.000 --> 01:26:38.000

So thoughts, comments, questions, ideas, it's so creative it's beautiful tallyos is .

01:26:38.000 --> 01:26:44.000

Thank you. you're welcome. she inspires me I wish I could draw like that.

01:26:44.000 --> 01:26:51.000

It's amazing and I'm an artist and I don't spend a lot of time drawing in my bullet journal.

01:26:51.000 --> 01:27:08.000

It's not it that's not usually where I do it. it's usually much more about just trying to make sure that I'm I'm doing the things that are going to help me I'm gonna that's

01:27:08.000 --> 01:27:12.000

the the link for the login and registration page.

01:27:12.000 --> 01:27:29.000

Sarah, is already signed into that she already has a login when you signed up for the the workshop. there should have been a link that led you to to start to register that I didn't click so

01:27:29.000 --> 01:27:40.000

we're we're gonna have to kind of muddle through this Stephanie and see and and anybody else who's taking this workshop on the on the side we're gonna we're gonna just try to figure out the

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best way to do this, and it might take a little bit of like maneuvering. but we'll we'll try to make sure that happens, and when you register for that you should have access to the the journaling course and

01:27:53.000 --> 01:28:05.000

i'm leaving apple on that for for 2 weeks as a set thing, because what happens if it's unlimited is it gets set aside and you move on to the next thing.

01:28:05.000 --> 01:28:11.000

So I want to keep it limited. so it stays at the top of your mind just until you get a chance to kind of work through it.

01:28:11.000 --> 01:28:16.000

But I want to let you know that I am always accessible.

01:28:16.000 --> 01:28:19.000

So, please, at the at the end of it. Please reach out to me.

01:28:19.000 --> 01:28:25.000

Please follow through with any questions. if you felt like you missed something, and you're really in the middle of working on it.

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Please contact me, we'll make sure that you continue to have access. But I did put that limited access on there just to really create a focus time on it, so that you have so that you have an opportunity to kind of dig into it right

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away. a lot of what we talked about is covered in the course, but there's a little bit more embellishments, and there's there's a few more resources in there, and probably because this is such like a passion of mine i'm

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gonna probably keep feeding into that. but I wanted to make sure that I had it ready and and up and running for you guys tonight. So I got a lot of it.

01:29:04.000 --> 01:29:08.000

I got. I got the bulk of it ready for you guys so that it's ready to go cool.

01:29:08.000 --> 01:29:21.000

Thanks. yeah. Anybody need anything else. anything I can I can help you with So so please contact me with questions.

01:29:21.000 --> 01:29:33.000

I'd love to be out so in the course there's buttons for you to just click and send pictures of the things that you're working on or there's there's places where you can fill things in so that you have an

01:29:33.000 --> 01:29:49.000

accountability partner through some of this, and if you do nothing else the first thing and then the main thing I would say to do is get your first page of whatever journal you decide on. i'm trying to open my page here to have your tracker in

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it. So get whatever whatever system you want, whether you want to have the calendar laid out.

01:29:55.000 --> 01:30:03.000

You can actually see the dates that you did, it, or if you just want it to be a number list, so that you're not breaking a chain, and that you can just see, hey?

01:30:03.000 --> 01:30:15.000

I only skips one day here are gonna get back on before I skip 2 days and never try to never skip more than 2 days in a row, or just have have a little contest with yourself.

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Have have it be a game. How many days in a row can you go when you make it a game?

01:30:21.000 --> 01:30:31.000

It's going to make it, that you're you're opening it for a certain reason, and the rules are you just have to open it and circle it, and if you're not using it when you open it and circle it.

01:30:31.000 --> 01:30:37.000

you want to check in with Y, and it might just mean that you need a different system, or you need something different for you.

01:30:37.000 --> 01:30:51.000

So cool. Yeah. Thank you. Have a great night Have a good night, Thank you.