

Integrated Journaling Presentation – Overview

Author/presenter

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Format

- Adjustable length - 20 to 50 minutes
- Powerpoint Presentation
- Handouts/Worksheets distributed at end of presentation

Required audio/visual

- LCD projector, screen
- Microphone (lavalier preferred)

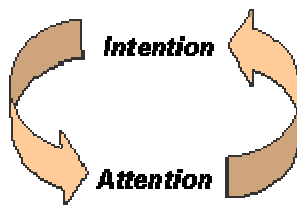
Topic Description

(short) Dare to create the life you long for, one day at a time. Integrated Journaling is a powerful tool for change that combines journaling activities with a daily planning regimen, for all-day, everyday consciousness. It brings awareness to the personal schedule and To Do list, and it brings meaning and agency to journaling. **Journaling + Planning = Focus**. This integrative approach does not require you to DO a lot of extra work; rather, it helps you to think differently about the work you choose to do. It helps you work your highest priorities into you're the realities of your schedule so that you move consciously and methodically toward your desired life.

(long) At the heart of this work is the Awareness Feedback Loop.

- It begins with conscious intention
- Remain aware of your intention throughout your day
- Pay attention to things that occurred relative to the intention
- Gain information about intention

Awareness Feedback Loop



Outline

1. A Broad Definition of "Journaling"
2. The Awareness Feedback Loop
3. The Process of Integrated Journaling in 7 Steps
4. Using Intention to Leverage Your Day

Fee

\$500 + expenses