

## **Redesign Your Life at Work- Journal !**

I have heard it expressed that jobs can be like a bad boyfriend or girlfriend – sometimes it is hard to break up even though we know it's time to let go. With reluctance we are once again pushed outside of our comfort zone, into the unknown –the fertile ground for true growth. In this tenuous time of job instability it has never been so important to identify our existing role at work, while considering other career possibilities. The age old questions of “What is my purpose? And what do I want to do? “ have never been so prevalent on everyone's mind.

In my new book, *Journaling Through: Unleashing the Power of the Authentic Self*, I identify seven benefits from journaling that can help guide you through difficult “break ups” or job transitions as you redesign your vision. And, it's not about just finding another job, but identifying a career path we can get really excited about. The process of getting clear about what we really want in our life, helps us to be available for right opportunity when it presents itself to us. If one of these areas listed below needs further exploring in you, my workbook offers questions that will help guide you through that process.

Employers are also looking carefully at how they are spending their resources. Transparency is the new buzz word of our culture. If you are spending 8-10 hours a day at a job that does not “light you up”, it soon becomes evident to everyone around you. Explore YOU- to find what really resonates and “lights you up!”

### **Benefit One: Health**

Studies show that journaling reduces absenteeism, illness and employees have fewer physician visits. Most personal issues people are grappling with cannot be resolved in a day or a week. Journaling gives individuals the time to work through a process and a framework to explore a situation. Understanding through journaling how your body is responding to stress helps support a healthy immune system.

### **Benefit Two: Awareness**

Awareness and perception of our own thoughts helps to identify repetitive behavior patterns. Awareness through journaling opens us to the possibility of shifting a perception, belief, or identifying losses that are unresolved. What is keeping you stuck? Through awareness we can identify where a shift needs to take place to eliminate self limiting behaviors. Rather than reacting, we learn to respond – an important problem-solving skill.

### **Benefit Three: Connection**

Understanding the various ways we are connected in the world gives us a greater sense of how and why we are connected in our workplace. To attach a greater meaning to our work enhances every aspect of our daily involvement in our workplace. As we identify our thoughts, emotions, beliefs, and spirituality through journaling our awareness is heightened about how these connections determine our interaction with our environment.

#### **Benefit Four: Focus**

Preoccupation is one of the biggest causes of people's inability to focus. Because so much of our time is spent focusing on the stories in our heads, it becomes frustrating as it distracts us from the task we need to complete. Journaling helps to clear the monkey mind so new ideas can bubble up. Writing has also been shown to increase working memory – and we all need that!

#### **Benefit Five: Creativity**

Making ourselves open to the creative force within requires that we learn how to express ourselves – through writing, art, photography – whatever we choose. It is one thing to understand our own creative gifts, but determining how to use our gifts in the work setting is the challenge. Studies show that writing our thoughts daily for fifteen to twenty minutes each day has enabled individuals to learn the art of expressing themselves simply and effectively. A parallel process can enhance your artistic expression in the workplace as intuition and imagination are accessed through writing and awareness.

#### **Benefit : Six Authenticity**

Bringing all of who you are into the workplace is important. But, if you don't have a good grasp on all of who you are, that person doesn't really show up. As you become the observer of your life through writing, you will become more and more aware of the person you are becoming. In the process of writing you will recognize the things in your life that clutter or define you. As a new identity takes shape you will define what you want to keep, and what you want to let go of. As you redesign your life you will keep only things that are a reflection of this amazing new person.

#### **Benefit Seven: Vision and Dreams**

Understanding your purpose is important to help attach meaning to your life. Your purpose is usually a common thread that runs through the various activities, careers, visions and ways we express ourselves in the world. As we formulate our thoughts to realize our vision and dreams, we grasp the enormous potential of what is available to us as we align our body, brilliant mind and beautiful spirit. Journaling and writing out our vision and dreams is only a first step in the reflection and bright spark of who you were created to be!

Go confidently in the direction of your dreams. Act as though it were impossible to fail.

D. Brandt

