

# 'Journal Like A Pro'

**Your Pathway To Life and Career Transformation  
Through Journaling**

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## No Distractions....

Please turn off your mobile devices, eliminate distractions, and let's put up our DO NOT DISTURB sign and put ourselves on MUTE!

Please get 4-5 different-coloured pens and a paper/journal handy...

- For the short journaling session pre-bedtime
- Participate in the chat
- Use the prompts provided
- Time for questions at the end

Enjoy,  
Tisha

# What attracted you here today?



**Life Changes**



**Growth in Both Areas**



**Career Growth**

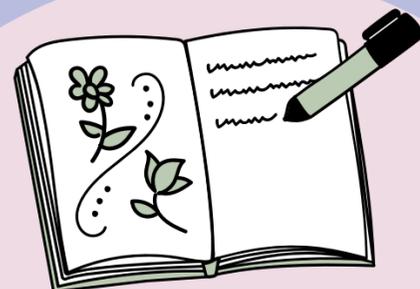
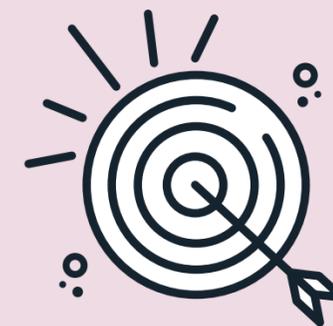
# Today's Objectives

- What is Journaling
- Its History
- The Science behind it
- The Benefits
- The Challenges
- Growth Journaling Practice
- A Toolkit for you to use
- How to Grow Your Practice
- Gratitude Journaling Practice
- GEM Club Offer





# 3 questions for you...



**Who Journals?**

Yes or No



**How many days of the week do you Journal?**

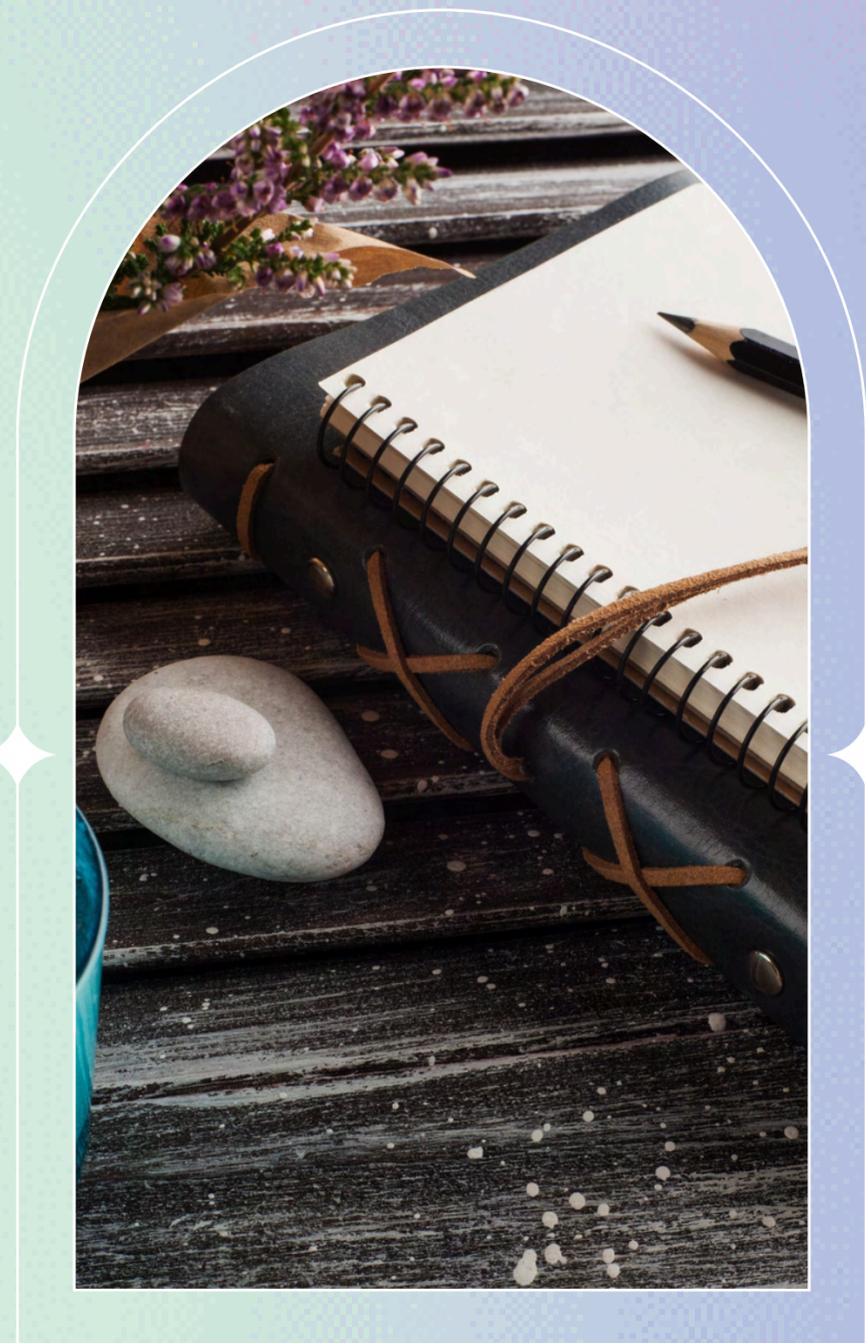
0 to 7



**How many of you Journal for Growth?**

Yes or No

# What is Journaling?



# What is Journaling?



- [Redacted]
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- [Redacted]
- [Redacted]



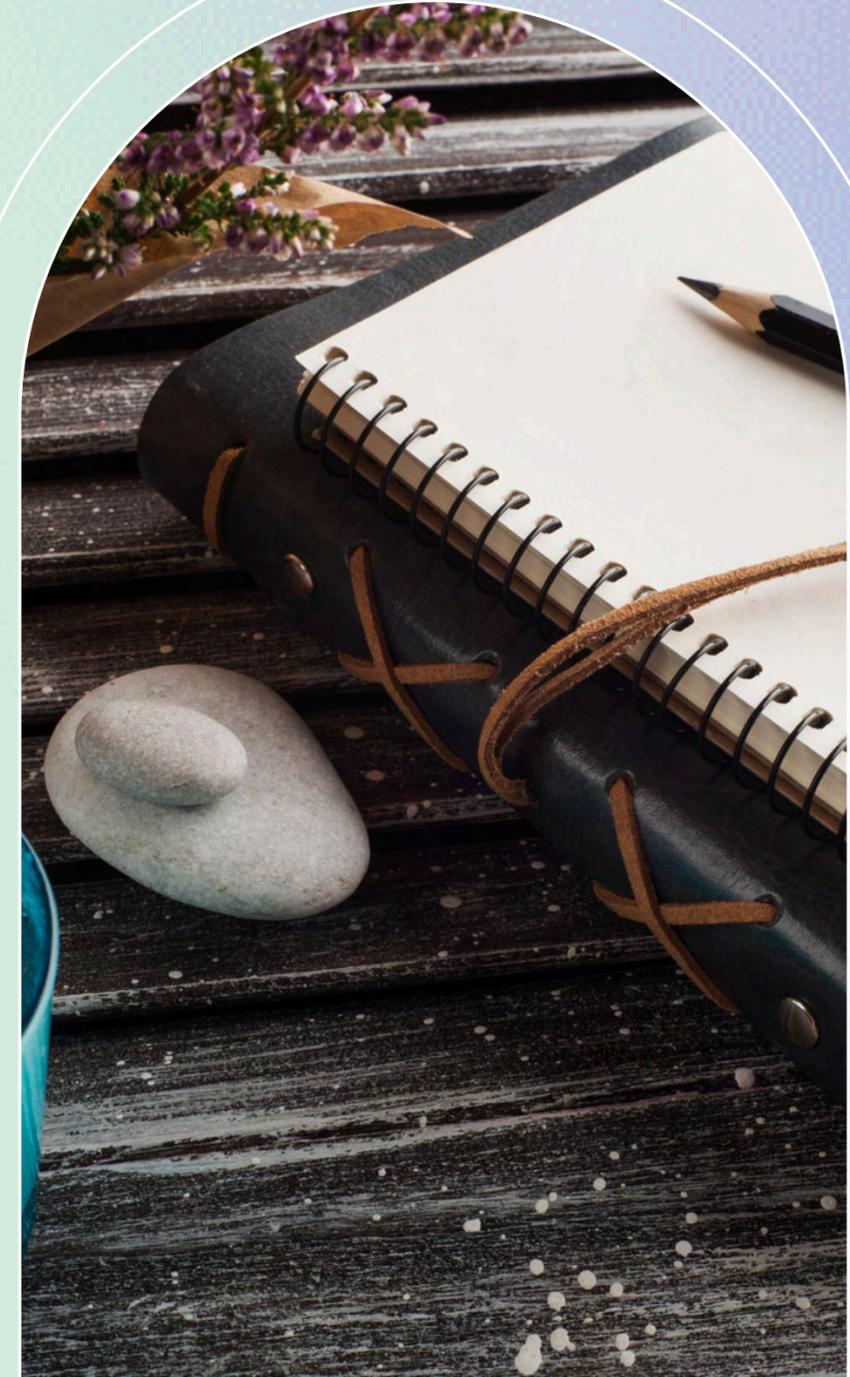
# What is Journaling?

The practice of regularly writing down your thoughts, feelings, experiences, and reflections.

It can take various forms from a diary, to bullet points, to drawings or reviews.

It can serve multiple purposes, including personal reflection, goal setting and planning, creative expression, and gratitude development.

It is one of the most powerful and accessible self-improvement activities.



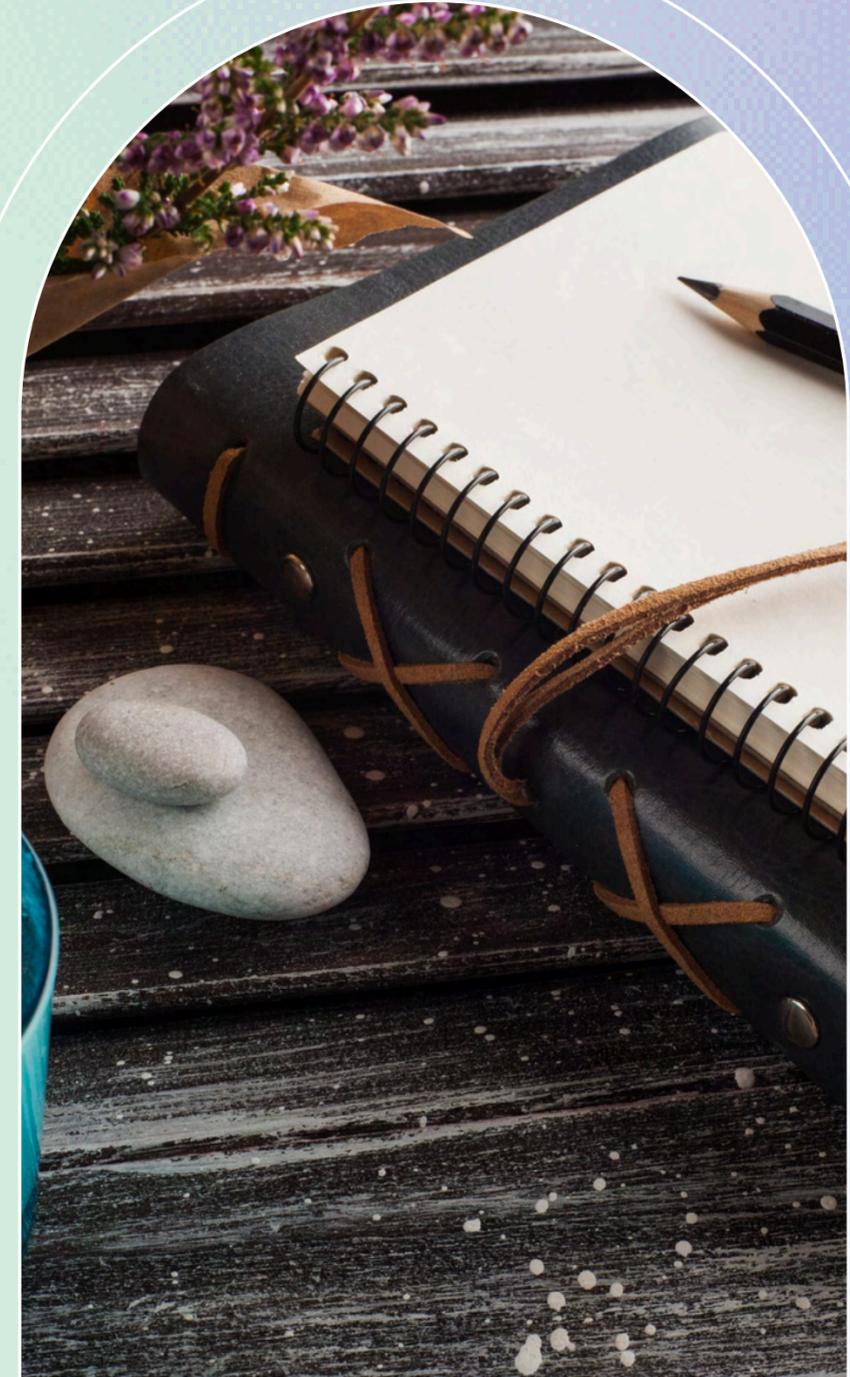
# The History of Journaling

Traced back to 55AD China

Meditations, written in Greek by the Roman emperor Marcus Aurelius in the 2nd century AD, display many characteristics of a diary.

The 'Diary' was used during the Renaissance period, 14th -17th Century.

The word 'Journal' comes from an Old French word that means daily.





**“Journal writing is a voyage to the interior.**

**–Christina Baldwin, American author and writing teacher**

**“Write hard and clear about what hurts.”**

**– Ernest Hemingway, American author**

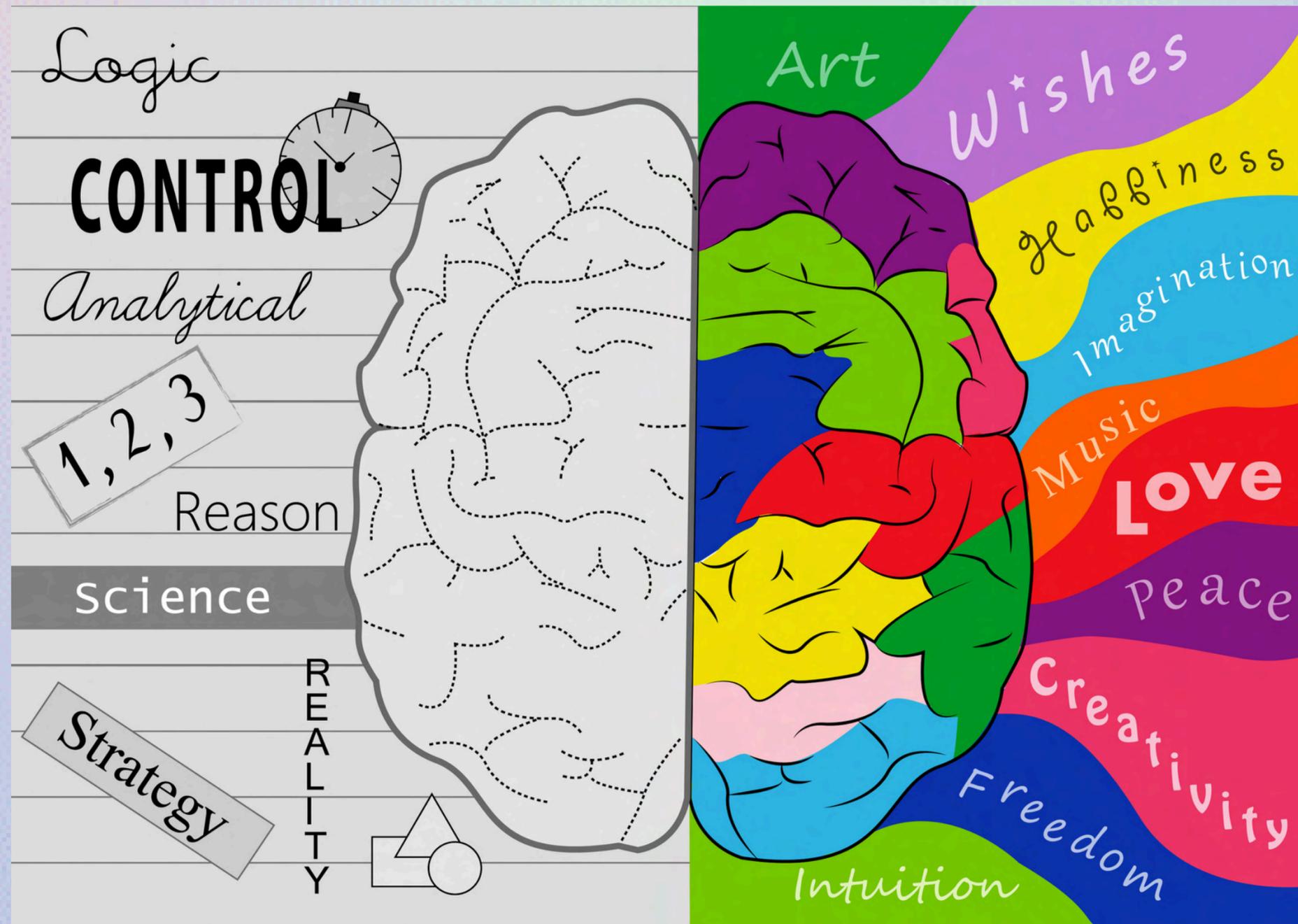
**“Fill your paper with the breathings of your heart.”**

**– William Wordsworth, English Romantic poet**

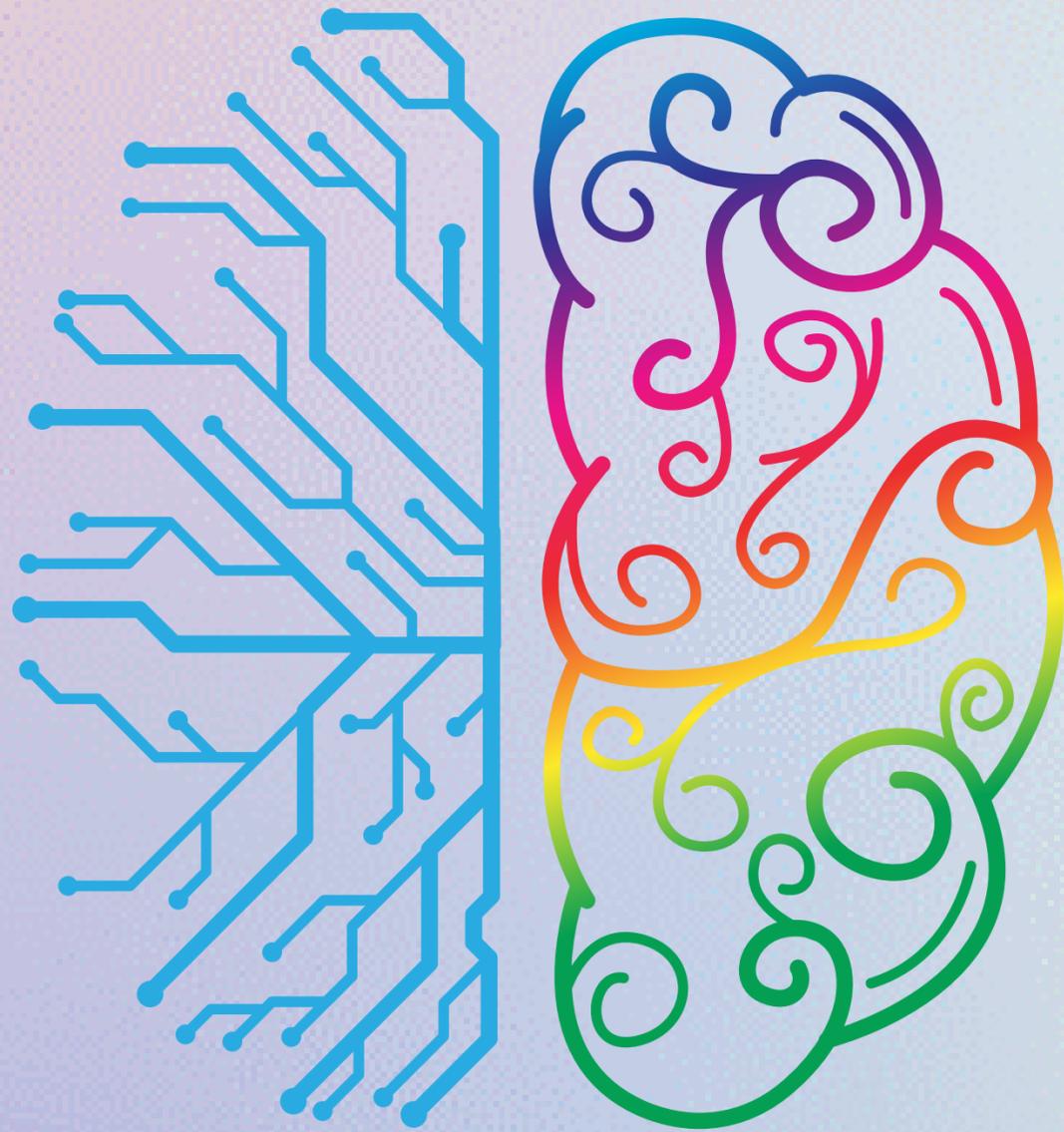
**“Writing in a journal reminds you of your goals and of your learning in life. It offers a place where you can hold a deliberate, thoughtful conversation with yourself.”**

**– Robin S. Sharma, Canadian author and leadership expert**

# The Science of Journaling



# The Science of Journaling



Journaling and expressive writing are:

- Strongly linked to mental and physical health.
- Help structure healthy behaviours
- Help you understand and engage with negative emotions.



## Gain Awareness Of Your Emotions

Pay attention to your gut as  
much as your brain



## Positive change

Make a difference in your life  
Mood improves  
Anxiety reduces

# The Benefits of Journaling



## Keep Track Of Your Feelings

Notice patterns and trends  
because this will help you  
define your purpose



## Create Harmony

Balance



**Create  
Harmony**

Balance

# The Benefits of Journaling for Growth



**Create focus for  
goal-setting**

Focus on areas in  
need



**Positive change**

Make a difference in your  
life and career



**Create space  
for growth**

Respect and learn from  
what works



**What do you think are  
the Main Challenges of  
Journaling?**

# The Main Challenges of Journaling

- Lack of time
- Lack of belief in the process
- Lack of motivation
- Writer's block
- Self-consciousness
- Fear of judgement
- Difficulty forming a habit
- Consistency
- Monotony
- Distractions and Prioritisation





# Who does a monthly or quarterly review of their Journal?

Yes or No

If Yes: is it a monthly or quarterly review?



## Now, its your turn to Journal

With the 2 prompts provided:

Write each in your journal.

Use black or blue pen.

Take 5 minutes for each.

Use a timer.

# First Journal Prompt

What words do you speak to others that you need to listen to yourself?



# Second Journal Prompt



If anything were possible,  
what would you do,  
right now, today?  
What stops you?



# Journaling for Growth

Using the 4 different coloured pens:

- T = Thoughts
- F = Feelings
- B = Behaviours
- A = Actions



# Journaling for Growth



- **T = Thoughts**
  - + or -
- **F = Feelings**
  - + or -
- **B = Behaviours**
  - Energise or not
  - + or -
- **A = Actions**
  - Good / positive
  - Low level / Inaction
  - + or -



## *Ask yourself..*

How were those exercises?

What did you learn about yourself?

What surprised you?

What do you need to do next?



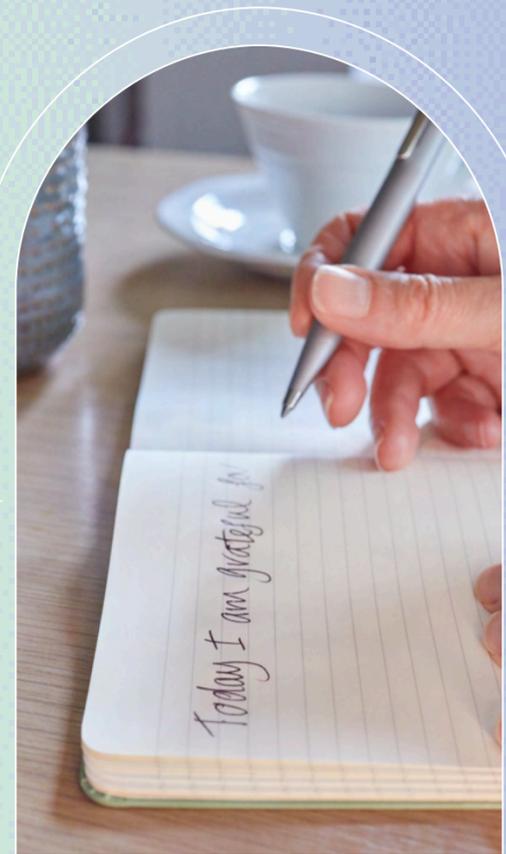
# Journaling for Growth

- Capture
- Cancel
- Correct

Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul.

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Amy Collette



# Gratitude practice

Keep a daily gratitude journal

Think of positive thoughts

Write thank you notes



- Enhances vitality and energy
- Encourages positive thoughts and emotions
- Encourages a more positive outlook
- Facilitates personal growth and transformation
- Alleviates symptoms associated with depression and enhances well-being



# My journey and outcomes of a regular Journaling and Gratitude practice



The following slide shows some of my outcomes from:

- Self-care and maintaining health.
- Goalsetting and new practices
- Writing blogs for my website
- Launching a coaching course called Arena of Success
- Running a journaling and growth club called the GEM Club
- Offering webinars and training sessions to allow growth for all: free and paid.
- Personal growth in the process and aspiring for professional development.
- Flow of ideas



★ DO YOU  
CREATE AND  
NURTURE  
POSITIVE  
SELF-TALK. ★

READ NOW!

# Webinar

Rise With Confidence:  
Your 3-Step Pathway To Life  
And Career Transformation

📅 Thur 15 Feb 5-6pm  
Wed 21 Feb 1-2pm

*speaker*  
Dr Tisha Patel  
Coach, GP, Wellness Trainer



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# Unlock Your Success

Want to GROW in life and professionally?  
Subscribe and get fresh inspiration every week!

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# ARENA

of SUCCESS

## SMASH YOUR GOALS IN 2024

A FIVE-STEP PROCESS:  
ESTABLISH HABITS THAT  
INVIGORATE AND REPLENISH

DR TISHA PATEL

Congratulations on setting positive intentions for the upcoming year! Here are five steps to guarantee your success in achieving your goals.

Hello, I'm Tisha! As a Career and Productivity Coach, GP and Wellbeing Practitioner, I'm passionate about inspiring growth and development. My focus lies in boosting self-belief, cultivating a positive mindset, and honing strengths so you can reach your career, business and life goals and turn your dreams into reality.

"Rise Higher.  
Believe in Self  
Good things are  
up ahead."

Coaching for self-growth and confidence in all you do  
Learn how to exceed expectations  
Turn your Vision into Reality  
Black Friday offer

## NEW BLOG POST!

*Productivity tips for us all*

### The Power of Cultivating a Growth Mindset

Read Now



# Come And Join The GEM Club

Join the 'Growth Elevator Membership' Club

Are you eager to elevate your growth with the right resources and community to help you reach new heights in everything you pursue?

Become a member and participate in our monthly Journal Club and training sessions, along with receiving Growth Offerings and Wellness Tips.

**Membership Rates for the GEM Club:**

**Usual Price: £20 per month**

**Annual plan: £200**



A **monthly or yearly membership** that offers three distinct services to assist you in **gaining clarity, tracking progress, increasing self-awareness, enhancing creativity, and improving focus.**

01

## Monthly Journaling Session

- 30 to 45-minute online evening session via Zoom
- Use coaching prompts to consider your thoughts, feelings, behaviours and actions
- Create new opportunities as you work to achieve your goals

02

## Monthly Growth Resources

- Resource Guide or Video recording
- Receive a guide with new knowledge to direct your energies and trajectory in a new direction
- Use them to change your journaling and create new habits.

03

## Monthly Wellness Resources

- Guides or Video recordings to help create the balance required for your growth journey
- Additional offerings:**
- Surprise Bonus material to boost positivity and mindset
  - £50 off any Private Personal Coaching sessions



The  
GEM  
Club



# The GEM Club Offer Just For You

**\*Monthly Membership: £15\***

**\*Annual Membership: £150\***

## **Bonus:**

Receive two complimentary months and  
**\*\*Save £30 off the Usual Annual Membership  
for the first year \*\***

**Additional Benefit:**

**£50 off any booked Personal Coaching**

**The next Journaling Session in The GEM Club is  
coming up at the end of January 2026**

**Would you be interested in joining?  
Contact me at: [hello@drtishapatel.com](mailto:hello@drtishapatel.com)**

# The Affirmations Model

I Personal

NOW Present

+ Positive

Passionate

Daily Persistent

7 Powerful

Do you have any questions?

or

Would you like one of my training sessions for your organisation?

Contact me at:  
[hello@drtishapatel.com](mailto:hello@drtishapatel.com)



# Thank you

Let's Keep in Touch

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