



# A Guide to Power Journalling



OUR GIFT TO YOU TO HELP ENSURE  
YOU MASTER YOUR STRESS

## OBJECTIVE

We have designed the Power Journal community so you can meet like minded business people who are on the same resilience building path and want to stay accountable. Here you will receive additional content, goal setting & productivity hacks to x10 your time.

## JOIN OUR MOVEMENT



Online Power Journal  
Community Group



Sign up to our newsletter  
for our exclusive content



Chat function on our website  
[www.choosetogrow.co.uk](http://www.choosetogrow.co.uk)



Follow us and post pictures of  
you journalling



Keep us up to date on your  
progress @EmmaCTG

## OUR 6 PRINCIPLES

...AND WHY THEY WORK.

During the journey of designing this journal for you we focused on 6 principles that became the blueprint of the power formula. Every section, and every line, is based upon the proven methodologies within these principles and guarantees a higher sense of resilience as a result.



The Morning & Evening Routine



Sunrise to Sunset Time Optimising



Prioritise + Proactive = Productive



Flexibility & Freedom



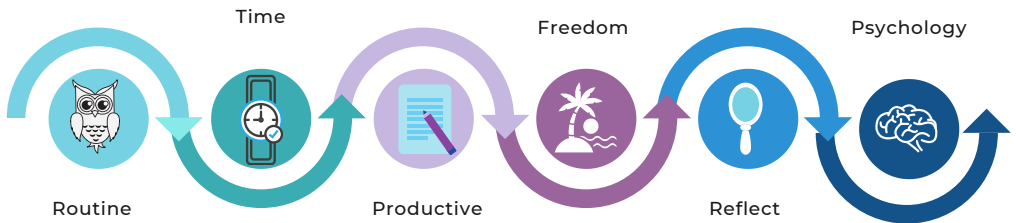
Tracking & Reflection



Positive Psychology

# YOUR ROAD MAP TO A MORE RESILIENT YOU

## Power Journal



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How you spend the first hour of your morning can set your day up to be a work of art or unruly chaos. It's not always possible to plan how the middle of your day will go, so taking time in the morning and evening to manifest, practice gratitude so you count your blessings and appreciate everything you have, will help you begin to think differently - especially in moments when you feel stuck in a rut, out of control or stressed.



Planning your time is a wellbeing asset. That's why we've added the timeline tracker to each day. Its broken down into 30 minute segments to allow you to optimise your day from the sound of the cock-a-doodle-doo to the hoot of the owl. Practice leaving zero white space on the planner so that you optimise. This may sound overwhelming at first but the aim is to spend your time consciously.



Planning your day and prioritising your tasks is the difference between having a reactive day and proactive day. The Power Journal ensures you begin your day with your most critical tasks first. By planning your day the night before, you can prioritise your workflow.



Never feel behind. We left everything undated so you can start planning your goals and becoming more resilient today. If you go on holiday or take time off, you can just start back when you return without any awkward blank pages. Flexible and Friendly.



Your success in life is the sum of the habits you create. If you look at the most successful people in the world, you will see that they have habits that they practice daily. Whatever habit you are trying to embed or change we have a space each day to reflect on wins and learning. Taking a good look in the mirror will help you with habit tracking.



Using proven positive psychological fundamentals will help you cultivate new thinking and support you to tap into your true power. We have created the gratitude space morning and night to boost any negative or harmful thoughts. At night before you go to sleep, shift your focus on to your wins no matter how small, and the positive parts of your day. This daily practice will eradicate negative thought behaviours.