

A close-up portrait of George Begeen, a middle-aged man with grey hair, looking slightly to the right. He is wearing a dark jacket over a dark collared shirt. The background is a bright yellow with faint, concentric circular patterns.

the
Power
of
Journaling

Foundation for
Personal Growth

George Begeen
persoonlijk leiderschap

THE POWER OF JOURNAING

Foundation For Personal Growth

George Begemann

The Power o Journaling is an e-book you must read...

Why

“Journaling can be a powerful tool to help you succeed in life, from improving your health and relationships to advancing your career and work. This friendly, informal book provides guidance on how to use journaling to shape your life positively and offers support should you have any questions. Additionally, the author offers one-on-one sessions to discuss journaling further.”

COLOFON

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First edition: March 2023

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1 / JOURNALING INTRODUCTION

Are you ready to take control of your life and make a change? Journaling can be the answer. In this book, you will learn how to use the power of journaling to gain clarity and insight into your life. You will discover how to use journaling to create positive changes in your life, from improving your physical health and relationships to achieving success in your career. With the help of this book, you can start journaling today and begin to see the results immediately. Stop feeling overwhelmed and start taking action. Unlock the potential of journaling and begin living the life you want.



2 / WHY DID I START JOURNALING

Journaling became necessary when I entered my thirties, and my responsibilities began to pile up. I could barely keep track of the details of ten people, let alone a club of a hundred. Working on one project was manageable, but when I had to juggle six projects simultaneously, I needed help to keep up. I could easily take on extra work and finish it in two days, but when the steps between each task took weeks, I had to make sure I had clear notes to refer to. After a vacation, I returned to the office and started to work, only to realise after a few weeks that I had forgotten some things. I couldn't find certain documents or recall my colleagues' clever remarks. This led to me starting over again, which was an incredible waste of time. To avoid this situation, I began journaling, and it has since become an invaluable tool for me.

Keeping a Journal has been a great way to organise my thoughts, keep track of my progress, and gain insight into my life. It has allowed me to reflect on my experiences and clarify the essential things. It has also been a great way to document my successes, failures, and lessons learned. Keeping a Journal has been a powerful tool to help me stay focused on my goals and to make sense of my life.

3 / CEO-S WHO USE A JOURNAL

In today's world, successful CEOs are often seen as the epitome of success and power. Many CEOs have succeeded through dedication, hard work, and a commitment to excellence. Many of these CEOs have managed to stay on top of their game using a journal. Journals have been used for centuries to document thoughts, feelings, and ideas. Many successful CEOs have found journaling a valuable tool for their success.

The most apparent reason why CEOs use a journal is to document their thoughts and ideas. Many successful CEOs have found that writing down their thoughts and ideas helps them to make more informed decisions. By writing down their thoughts, they can look back and reflect on the decisions they have made in the past and make better decisions in the future. In addition, writing down their ideas helps ensure they don't forget any of the innovative solutions they have come up with.

In addition to documenting thoughts and ideas, many CEOs use their journals to track their progress. By writing down their goals and what steps they've taken to reach them, CEOs can measure their progress

and ensure they stay on track. Keeping a journal also helps CEOs to stay motivated and focused on their goals. By writing down their successes, they can look back and remind themselves of why they are working so hard.

Finally, many CEOs use their journals to document their successes. By writing down the successes they have achieved, CEOs can look back and remember why they started their business in the first place. This helps to keep them motivated and on track to reach their ultimate goals.

Overall, it's clear that many successful CEOs have found journals to be an invaluable tool in their success. By documenting their thoughts and ideas, tracking their progress, and recording their successes, CEOs stay focused, motivated, and on track to reach their ultimate goals.

Examples:

- Steve Jobs, Apple CEO: "Writing in a journal helps me stay focused and organised. It's a great way to capture my ideas and thoughts."
- Richard Branson: "I've kept a journal for over 30 years, and I find it hugely helpful in helping me stay focused, organised, and motivated. It also helps me track my progress, look back, and reflect on what I've achieved."

- Emma Walmsley, CEO of GlaxoSmithKline: "I keep a journal to help me stay focused, organised, and motivated. Writing down my thoughts and plans helps me to stay on track and keep my goals in sight."

- Satya Nadella, CEO of Microsoft: "I've been keeping a journal for over 20 years. It helps me keep track of my thoughts and ideas and serves as a reminder of my progress."

- Angela Ahrendts: "I keep a journal to capture ideas and to reflect on my successes and failures. It helps me stay focused and to be more creative."



Some other famous people who kept a journal:

- President Harry Truman _
- Andy Warhol _
- Richard Branson _
- Ronald Reagan _
- Winston Churchill _
- George Lucas (Star Wars) _
- John D. Rockefeller

4 / ACADEMY PARTICIPANT

A short replay of a chat I had with a participant of the Academy.

“Why should you use a Journal for developing your personal leadership?”

It helps me control my emotions. Tell me more, please...

so, I read this suggestion in your guide for journaling about writing down what you feel when you are angry at someone or something, and 2 or 3 days later, I got in a big stupid fight with my father and my sister. I knew I had some faults, but I also knew they had some.

...and...

I wrote how it made me feel and what I thought about it, and afterwards, I felt relieved, very relieved. So, I ended up making peace with them, and both of us admitted our fault.

... How do you feel now?

Until I wrote in my journal that I had this rage, I could not do other things. Also, I’m thinking now of writing down for my own the love I feel for a very special person.

Because in my head, I just keep coming over the same and the same. So to answer this, I feel that I can progress once I

write down my emotions in the journal. If not, I get stuck. I don't know if this gives you any ideas.

Why?

I guess because, in my head, I end up thinking of the same idea because I'm not sure it's the same, but when you see it written, you are sure you already thought about that."

Anonymous

Another statement: *"I guess because in my head, I think of the same idea because I'm not sure it's the same, but when I see it written, I'm sure I already thought about that. It creates clarity."*

Hugo Bueno, LG Madrid, Spain

My statement is: *"Journaling contributes to self-development!"*



5 / WHY JOURNALING IS AN EFFECTIVE TOOL FOR SELF-EXPRESSION AND REFLECTION

Journaling is an effective tool for self-expression and reflection. It can help you clarify your thoughts and feelings and boost creativity. Journaling can even improve your physical and mental health. Here are some of the benefits of daily journaling.

“You go through a lot in a day. Beautiful insights and emotions that you want to process. Before you know it, you have forgotten these events, and your lessons or insights have evaporated. The Power of Journaling gives you more than 18 tips to keep track of events in your life.

Those few minutes to work with your Journal enrich your life, providing a foundation for steps to make dreams work.”

Five reasons:

1. Improved Mental Health

Daily journaling can help to improve your mental health. It gives you an outlet to express your thoughts and feelings, allowing you to process your emotions healthily. Writing down your thoughts can also help reduce stress and anxiety, enabling you to sort through your feelings and gain perspective.

2. Increased Self-Awareness

Journaling can help to increase your self-awareness. Writing down your thoughts and feelings can help you better understand yourself and your motivations. This can help you to make more informed decisions and take action towards achieving your goals.

3. Improved Memory

Daily journaling can help to improve your memory. Writing down your experiences and reflections can help you to recall them better in the future. This can be especially beneficial if you are studying for an exam or learning a new skill.

4. Boosted Creativity

Journaling can help to boost your creativity. Writing down your ideas and thoughts helps to spark new ones. It allows you to develop creative

solutions to problems. It also helps increase productivity, allowing you to organise your thoughts and prioritise tasks.

5. Improved Physical Health

Daily journaling can help to improve your physical health. Writing down your thoughts and feelings reduces stress and improves your sleep, which can positively affect your physical health. It can also help to improve your mood and reduce symptoms of depression.

Overall, daily journaling has a positive impact on your mental and physical health. It helps reduce stress, boost creativity, and increase self-awareness. It helps to improve your memory, mood, and physical health. So, to improve your overall well-being, consider adding daily journaling to your routine.

6 / HOW TO START JOURNALING

If you take your personal growth seriously, paying attention and taking care of your approach to Journaling is worthwhile. Be committed. The question is, how do I start and continue journaling?

- Make sure to set aside a block of time that is realistic and achievable.
- Choose a journal that you like and are comfortable writing in.
- Be creative



Make sure to set aside a block of time that is realistic and achievable. Go for a walk and 'empty your head'.

A few minutes each day can be enough to get you started. This will help you create a regular habit. Find a time, a place without distraction, and plan some time for reflection.

- Time

Needs differ. When listening to people who keep a journal, different approaches are shared. One person uses a journal to jot down ideas as soon as they pop up. Another person has a fixed moment every day to sit and write. A third person uses a journal when it's deemed necessary. Find out what suits you best.

- Undisturbed

Find a place where no one can find you, turn off your phone and pick up your journal. Write down your thoughts, feelings, and experiences. Use creative writing prompts, drawings, or magazine clippings to inspire your journaling. This can help to make the process more exciting and engaging.

It is essential to be undisturbed when working with or in your journal. It helps you focus on the task without being distracted by outside noise, people, or other activities. It helps to create a space where you feel comfortable and safe to express your thoughts and feelings

without fear of judgement or interruption. By setting aside time and space to work in your journal uninterrupted, you get the most out of your journaling experience.



- Reflection

Use the time to reflect on your day and write down your thoughts, feelings, and experiences. This can help you to process your emotions and gain perspective on your life. Reflect on what you've written and use it to help you make positive changes in your life. Ask yourself questions such as: What were the highlights of my day? What were

the low points? What emotions did I feel? What did I learn today? What can I do differently tomorrow? Please write it down. It's the way to get celebrate. It's also the way to get bad things out of your system.

7 / YOUR JOURNAL

Choose a journal that you like and are comfortable writing in.

Keeping notes on pieces of paper, in different places, or on Post-it notes work ... temporarily. Unfortunately, they go missing, or you don't have them with you when you need them. Your journal is a tool you'll start to love and cherish. Three key elements to a great journal are size, material and ease of use.

- Size

Consider the size and weight of the journal. Choose one that is easy to carry with you and not too bulky. Look for one with high-quality paper that won't bleed through when writing or drawing.

- Material

Consider the cover material. Leather, cloth, or faux leather covers might be more comfortable for writing and drawing in than a journal with a plastic cover. This protects your journal best. You will carry your journal with you. Your journal must be vital because you want to keep it for some time.

- Toolbox

Your journal is a toolbox, both psychological and physical. The right toolkit facilitates your journaling. To keep your journal close, practical, and ready to work with, choose a journal with an elastic band to keep the pages secure. Look for one with a ribbon bookmark to find the page you're on easily. A journal with a pen loop helps you to keep your pen or pencil at your disposal.

Be creative.

Keeping a journal is a challenge. It becomes easier when you make it fun. Using your creativity does precisely that. Look at events, ideas, and thought-provoking ideas as a creative challenge. When journaling, use all tools you have to clarify what is happening in your life.

- Drawing

Drawing or doodling can add a creative and visual element to your journaling. It can help you express your thoughts and feelings more clearly, as well as help you to remember important events or ideas. It can also be a great way to relax and destress. Doodling can also be a fun way to add colour and life to your journaling. Try using colour pencils.

- Clippings

Magazine clippings can add a visual element to your journaling. They can draw the eye and help to illustrate the story you are telling in your

journal. Clippings also inspire and help to spark ideas. They can also be used to add a touch of colour and texture to your journaling.

More

When the above is not enough, consider the following options:

- Mind mapping - Use mind mapping to explore ideas and topics.
- Storytelling - Write stories or create comics to express yourself.
- Lists - Make lists of ideas, goals, or things you are grateful for.
- Poetry - Write poetry to express your feelings and emotions.
- Quotes - Collect quotes and use them as inspiration for your journaling.
- Song lyrics - Use song lyrics to explore different topics and emotions.

8 / SUMMARY

Make sure to set aside a block of time that is realistic and achievable. Choose a journal you like and are comfortable writing in. If you use your creativity, you are ready to take control of your life and make a change. You shall stay on top of your game by using your journal to document your thoughts, feelings, and ideas. Your journal is an invaluable tool for your success. It shall help you keep a healthy balance between I, We and Them. Your journal is your tool to Make Dreams Work.

9 / APPENDIX WITH 18 TIPS IN A ROW

What helps me when Journaling?

Eighteen tips for a great journal.

1. Shape:

Notebook, semi-hardback, A5, blank paper, preferably with an envelope in the back (for little notes or receipts), a ribbon, and an elastic band. (Moleskin)

2. The ideal book

The ideal book to Journal in is an A5 notebook with a semi-hard cover. Moleskin is an excellent choice. The advantage of these notebooks is the elastic band, a book ribbon, and the envelope in the back to keep pictures and drawings. If costs are essential, look at Alibaba, where you can find alternatives for just € 1-.

3. Blank

White paper without marking is preferred because blank paper allows more creativity. Write horizontally, askew, and draw, colour, and place pictures.

4. Colour pens

Use colours. Colours help separate topics. Colouring helps to draw attention to the im- essential things. Colour also makes you happier. Adding a marker to your pens helps too.



5. Start each year again

Start a new Journal every new year—a lovely present for under the Christmas tree. My wife and I have a moment to sit down and share our intentions for the following year. We write them down. Later in the year, these are excellent subjects to discuss during a delicious meal and a nice glass of wine. Nice to see what has already been realised and where we need to focus our energy.

6. Time, space, and quiet

Make sure you can work undisturbed. Make sure everyone knows that you are busy and want to be alone. Or make sure no one knows where you are. Very peaceful.

7. Reflection time

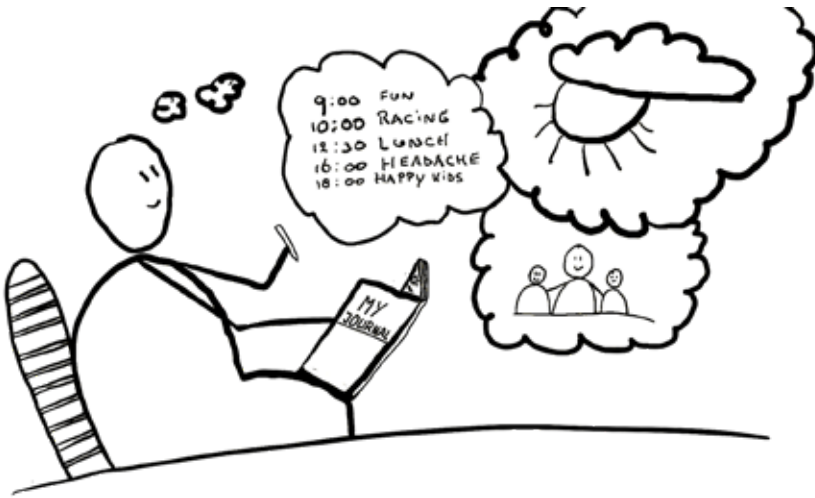
Go back at least once a month to see what you have written. Proper here is a marker pen. Find the common thread. Look at inspirations that remain relevant throughout the year.

Keep your Agenda handy and immediately plan actions. Actions like: going to the movies, planning the vacation you are looking forward to or eating out with your partner to have a long, undisturbed catch-up.

Plan your Journaling moment and place.

8. Place, peace, and space

Find a place with minimal distraction. Find the desired situation for optimal reflection. Do you want silence or rather listen to music? Do you want to sit at a table or on a bean bag in the corner? Everything is fine if you feel stimulated to review the day and bring back memories, insights, or tips.



9. Discipline

Do it daily, even if you only have one topic or comment. Every day gives more peace because of the reflection it brings. Journaling clears your mind. Journaling provides insights.

10. All day long

Take your Journal with you. Conversations, meetings, and lectures are moments where a lot is said. You can immediately process your insights in words or drawings when you keep your Journal with you.

11. Write the date

Record the date (and time) of your note. Later, with your calendar, you can always find what you wrote down during a meeting or training.



Empty Head

12. Feel free!

Write, draw, and place pictures.

The Head is full, but no ideas.



13. Layout

Tabs: I once started using a Journal front to back and back to front. I had different ways of writing and registering. Front to back was more like a diary back then. Pages with lists and drawings were created from back to front. In a later book, I put a few sticky notes on pages, such as the design of a house and tips for new training.

14. Topics for tabs in your Journal

There is a list of topics below. Do what you want with this list of issues and discover what works for you.

15. Gratitude

List three things you are grateful for today and why.

- Compliments to yourself _
- Learning moments
- Inspiration _
- Knowledge, insights, and lessons learned from others.
- Music, books, movies, etc.
- Next holiday ideas _
- What do you think is essential to give extra attention to this year?

16. Answering questions

Someone said to write down your question with your left hand. Answer your query with your right hand. (If you usually write with your left, you do it the other way around).

17. If it just doesn't workout

No idea what to write about today? Just doodle and write down words that pop up in your head. You'll be amazed about the outcome when you look back at that page in the evening...

18. Why write when I can type?

There are many benefits of writing over typing.

First, handwriting is a great way to help improve concentration and focus. Writing by hand requires more cognitive effort than typing, so it helps to reduce distractions and improve focus. Handwriting also helps to improve memory and recall since the physical act of writing can form a stronger connection to the material than typing.

Second, handwriting is a great way to help express ideas more clearly. Writing by hand helps to organise thoughts better, as the physical act of writing helps to clarify ideas. Handwriting also encourages you to slow down and think more carefully about what you are writing, which helps improve your overall quality.

Finally, handwriting is a great way to help develop your creativity and problem-solving skills. Writing by hand encourages us to think more creatively and explore ideas more deeply. Handwriting also enables you to think more critically and develop innovative solutions to problems.

Overall, writing by hand is a better way to improve concentration, express ideas more clearly, and develop creativity and problem-solving skills. Therefore, writing by hand is more effective than typing.

Final highlights

1. Start by finding a journal that you like and that you will want to write in. Make sure it is comfortable for you to use and that it is easy to carry with you.
2. Set aside a specific time each day to write, draw or doodle in your journal. It's enough to write one improvement suggestion and three compliments for yourself. This will help you to make journaling a habit and make it easier to stay consistent.
3. Don't be afraid to write about anything that comes to mind. Your journal is a safe place to express yourself and explore your thoughts and feelings.
4. Don't be afraid to experiment with different writing styles and topics. Try writing in other formats, such as lists, poetry, or stories. Experiment with drawings or clippings.
5. Don't be afraid to go back and re-read your entries. It can be helpful to look back and see how far you've come and how much you've grown.
6. Finally, remember that journaling is a personal journey, and there is no right or wrong way. Enjoy the process, and let your journaling be a creative outlet for self-expression.

Journaling can be a powerful tool to help you succeed in life, from improving your health and relationships to advancing your career and work. This friendly, informal book provides guidance on how to use journaling to shape your life positively and offers support should you have any questions.

Should you have any questions? Do you want to spar with me about Journaling? Do not hesitate to send me your question, and if necessary, we make an appointment. I'll help you on your way in half a day.
