
Reflective Journals

People Rich believe that success is more easily achieved through keeping what we call a "reflective journal™". The [dictionary](#) defines a journal as a "*personal record of occurrences, experiences, and reflections kept on a regular basis.*"

A reflection journal is not a diary, as an entry may be made at any time, and sometimes days or months may pass without an entry being made. An entry is made when you feel a need to write, or when time permits.

Starting Your Journal

If you are struggling to start your journal, you might want to begin with documenting your current challenges, or by documenting your present and past problems and how you have or are addressing them. You may want to write about your goals and your progress toward achieving them.

Using Journals to Counter Stress

When you are feeling very challenged in life, and the weight of the world feels like it is pushing down on your shoulders, we recommend writing down all the key issues that are causing you to worry. You will be pleasantly surprised that the huge number of problems you perceive you have are actually only a small few, but your mind is looking at them in so many different ways it appears that you have many (they may be small in quantity, but huge in terms of challenges).

In all the people we have assisted at times of high stress, People Rich consultants have found that when we have helped people write them down, we have never seen more than five key challenges in any individual, but many of them are simply different translations of the same challenges, hence it feels like there are a lot more. By using your journal in this way, your stress may be reduced by realising you only have a smaller number of core challenges, and then you can more clearly go about resolving them with a renewed focus.

Please send us an email at info@peoplerich.com if you would like more information.

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