



Sacred Depths

COACH CERTIFICATION

Journaling as a Coaching Tool Resource Sheet

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Journaling is a highly effective tool for coaching and transformation and has the potential to be a powerful healing modality.

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Purposes of using Journaling

- When using journaling in one-on-one session, you're rarely going to use it during session time.
- The main purpose is homework and follow-up
- The only time you want to use journaling during the one-on-one session is if you want to interrupt a pattern. Or if the client needs support to clear their head because they have too many things on their mind and need to download it.
- When you use journaling as a homework strategy it can:
 - Help client go deeper on certain topics that you discussed in the session.
 - Help client reinforce and practice new learning
 - Support pieces you didn't have time to get to in the session but are timely for the client
 - Also, useful for pieces you got to in the session, but they are not fully integrated, and the client needs more time processing.
- Journaling can also be powerful because every now and then there are going to be certain issues that are very, very personal to a client and it may be more appropriate for your client to explore those issues in private outside of the session.

Journaling can take the form of answering questions, dialoguing, drawing, list making, mind-mapping, diagram making, or collaging. As the practitioner, you can get creative in choosing what works best for the client.

Guidelines for Journaling

1. Journaling should not take up too much time. Otherwise, it is going to feel overwhelming, and the client is less likely to do it.
2. Make it something the client can put their heart and soul into it to ensure they get something out of the exercise.
3. Ask the client to carve out time and space for themselves. This is about scheduling it in and having the focus to get it done.
4. When done, ask them to read over what they wrote and list out takeaways. This helps them to integrate what emerged while writing.
5. Devote follow-up time together to review what came up for them. This can be done by email or in the next session
 - Sharing with you supports the client in being seen and heard in their revelation.
 - The follow-up, both solo on their own AND with you, is a big part of the process.

Long-Term Journaling Practice

- This type of journaling is less about a targeted one-time assignment and more of a long-term practice.
- This is reserved for the clients who have the space, desire, and willingness to do longer term, consistent inner work on their own within the container of your work together.
- Not everyone is up for this type of journaling.
- The purpose is to support the client to connect with themselves and their inner wisdom, Spirit, or their heart.
- These work best when done consistently and when done longer term. At least weekly but monthly at a minimum.

Examples of this type of journaling:

1. Morning Pages – Write every morning for 10 minutes about what’s present for you that day.
2. Start with I AM... and write as fast as you can for a couple of minutes to see what wants to come through or to help you locate yourself.
3. Write as fast as you can without thinking about what you’re writing. Whatever wants to come through, let it. Don’t edit or worry about grammar. Keep writing for “x” minutes.
4. Daily Gratitude, Appreciations, or Celebrations - this practice is good for someone having trouble celebrating themselves and/or owning their accomplishments.
5. Letters from Spirit, God, or Inner Wisdom – channeling this on a consistent basis can help with self-love, self-confidence, and consistently accessing inner wisdom.
6. Review at end of the day – what went well today? What did not go as planned? What am I learning? What’s my take away for the day?
7. Dreamwork – being able to engage deeply with your dreams in layered ways as a tool for self-discovery.
8. Tarot card pull and journaling on the card – what are you seeing/receiving from it? Channeling the archetype on the card. Putting themselves into one of the characters or objects on the card and journaling from that voice.



Homework

- Read through the case studies worksheet and create journaling homework that you might assign based on each one.
- **Coaching partner:** Give journaling homework and in your feedback time, talk through other journaling homework you might have given.
- **If working with clients:** How can you up your game when it comes to journaling.