

The ICF logo is rendered in a bold, white, sans-serif font. The letters are thick and clean, with a slight shadow effect that makes them stand out against the dark blue background. The 'I' is a simple vertical bar, the 'C' is a rounded shape, and the 'F' has a distinctive horizontal bar that tapers to a point.

ICF

The text 'INTERNATIONAL COACHING WEEK' is positioned to the right of the ICF logo, separated by a thin white vertical line. 'INTERNATIONAL' is in white, 'COACHING' is in a bright yellow, and 'WEEK' is in white. The font is a clean, sans-serif typeface.

INTERNATIONAL
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WEEK

Journaling for Creativity

Journaling tools to help people make creative decisions during challenging moments



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Nada Faris

Get a Free Discovery Call

To discuss your project and timeline

www.nadafaris.com



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- What does creativity mean in this workshop?
- And what does it have to do with journaling?



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Journaling Prompt

1. An important upcoming event
2. A potentially charged conversation with a loved one, friend, colleague, or family member
3. A decision that might have serious implications on your life, like quitting a job, or moving into a new place
4. A commitment to an emotional change: for example, closing off your heart to real love and believing that it's a myth anyway, or thinking that selfish people get away with their actions so you might as well follow in their footsteps, etc.





If you are new to journaling, here are some things you can write about:

1. What is going on?

2. What do you feel?

3. Why do you feel that way?



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The Body Keeps the Score

By Bessel Van Der Kolk

“Research from these new disciplines has revealed that trauma produces actual physiological changes, including a recalibration of the brain’s alarm system, an increase in stress hormone activity, and alterations in the system that filters relevant information from irrelevant” (2).



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Pain changes us in ways that are invisible to our conscious mind.

Reflection:

- Did I describe the situation from a place of pain, fear, guilt, shame, or regret?
- Am I aware of how these emotions cloud my judgments?
- Or have they been operating on an unconscious level?

The Body Keeps the Score

“Trauma results in a fundamental reorganization of the way mind and brain manage perceptions. It changes not only how we think and what we think about, but also our very capacity to think” (21).

- For our brains to process our pain, we need to articulate it.
- We can reprogram our unconscious mind to move away from the need to survive to how we can thrive



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The Body Keeps the Score

“Imagination is absolutely critical to the quality of our lives” (17).

“When people are compulsively and constantly pulled back into the past, to the last time they felt intense involvement and deep emotions, they suffer from a failure of imagination, a loss of mental flexibility. Without imagination there is no hope, no chance to envision a better future, no place to go, no goal to reach” (17).



The 4 Pillars

- 1.Values
- 2.Actions
- 3Feelings
- 4.Purpose



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Some Values to Get You Started

- Honesty
- Loyalty
- Kindness
- Discipline
- Courage
- Generosity
- Openness
- Creativity
- Accountability
- Compassion
- Independence
- Spirituality
- Justice
- Forgiveness
- Beauty
- Acceptance
- Humor
- Intuition
- Prosperity
- Peacefulness
- Cleanliness
- Optimism
- Bravery
- Trustworthiness
- Friendliness
- Humility
- Passion

Actions

1. Pick one value from your list that currently resonates with you. (i.e. Discipline, Honesty, Kindness, Peacefulness, Bravery, etc.)
2. Write 2-5 actions associated with this one value:

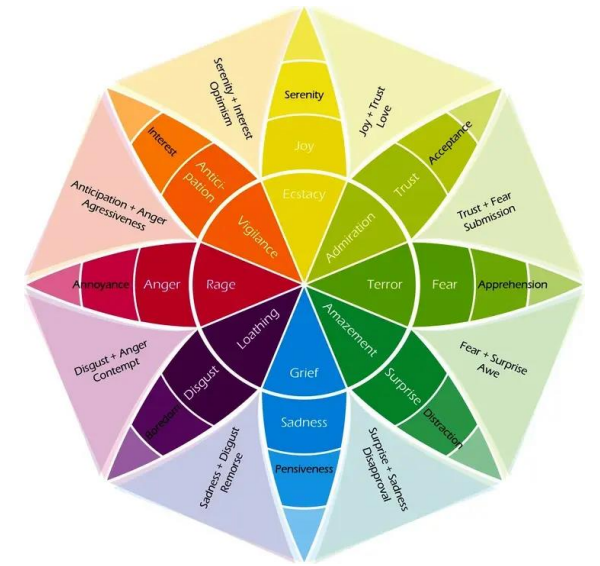
Examples

“Honesty”

- Give 3 genuine compliments today
- Open up to a partner about how they hurt me and how I would have preferred they responded
- Tell a friend who wants to gossip that while I appreciate the friendship, I don't want to spend time or energy gossiping about others. I would much rather talk about our goals and plans

“Discipline”

- Wake up at 6:00 am (don't hit the snooze button)
- Set a timer for 50 minutes to work without interruptions
- Turn off phone / put phone on airplane mode / leave phone in a different room, etc.
- Write a To Do List on a post-it and scratch out tasks I complete



Feelings

Write the feelings you want to experience upon completing your actions.

Examples

“Honesty”

- I want to feel calm
- I want to feel connected
- I want to feel proud of myself

“Discipline”

- I want to feel ambitious
- I want to feel centered
- I want to feel capable

How to let go of negative feelings

1. Name the emotion (if you can)
2. Locate it in your body (i.e. Do you feel it in your stomach, head, back, legs, heart, throat, etc.?)
3. Breathe into that place in your body, then exhale slowly and deeply

Purpose

General Purpose

1. How do I want to be perceived?
2. How do I want to impact others?

Examples

- I want to be a gentle parent
- I want to build a trustworthy business
- I want to make people feel safe with me
- I want to connect more deeply with my spirituality in my words, actions, and thoughts

Purpose

1. Why do I want to connect to my value this week?
2. Why am I committing to the 3-5 actions?
3. Why do I want to feel the feelings I have chosen?



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Examples

“Honesty”

- If I give 3 genuine compliments every day this week, I’ll be more likely to remember these phrases and tell them to myself when I accomplish something or need compassion
- Feeling connected with others will challenge the loneliness that has been plaguing me for months.
- Being honest and vulnerable with my partner will strengthen our bond and allow my loved one to show me genuine affection

“Discipline”

- If I improve my sleep, I will improve my mood, my focus, and my energy during the day
- If I work without interruptions for 50 minutes 5 days a week, I’ll be able to complete the book I’ve been trying to write for years
- If I write my To-Do-List on a Post-it, I won’t overwhelm myself with tasks and will instead set myself up for success

Invitation to Share

How did your feeling or thinking change in this process?



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[coachingfederation.org](https://www.coachingfederation.org)