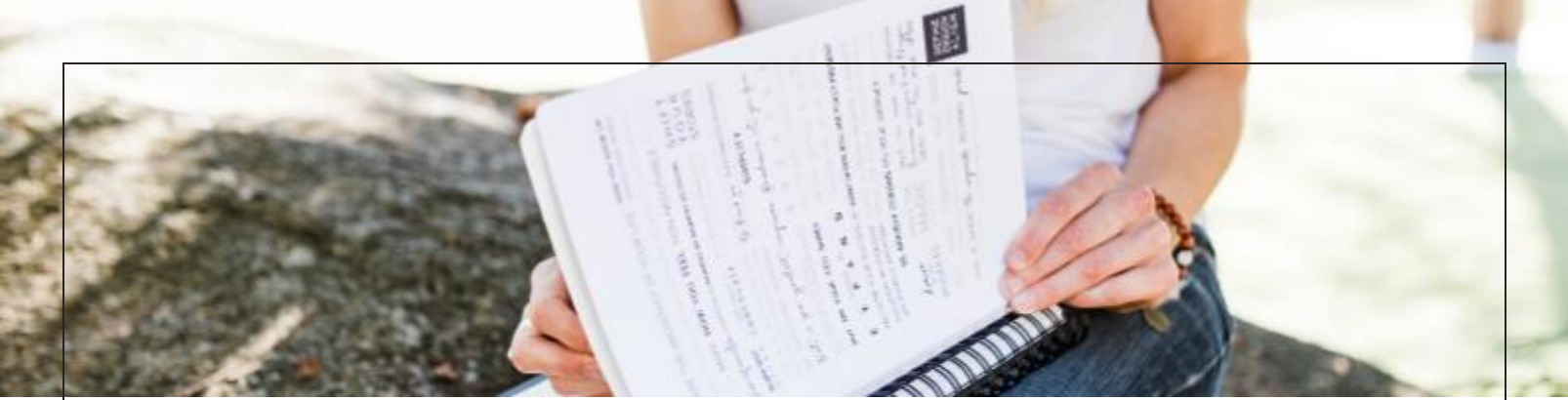




THE DDA GUIDE TO JOURNALING

DEFINE DESIGN ALIGN



Hello Wise One,

At the heart of building your capacity to be the driving force in your world and thrive in your life, business and at work are your habits, rituals and (CEO) practices. When you implement these powerful practices consistently, they support your ability to return to being centered, empowered and open (CEO).

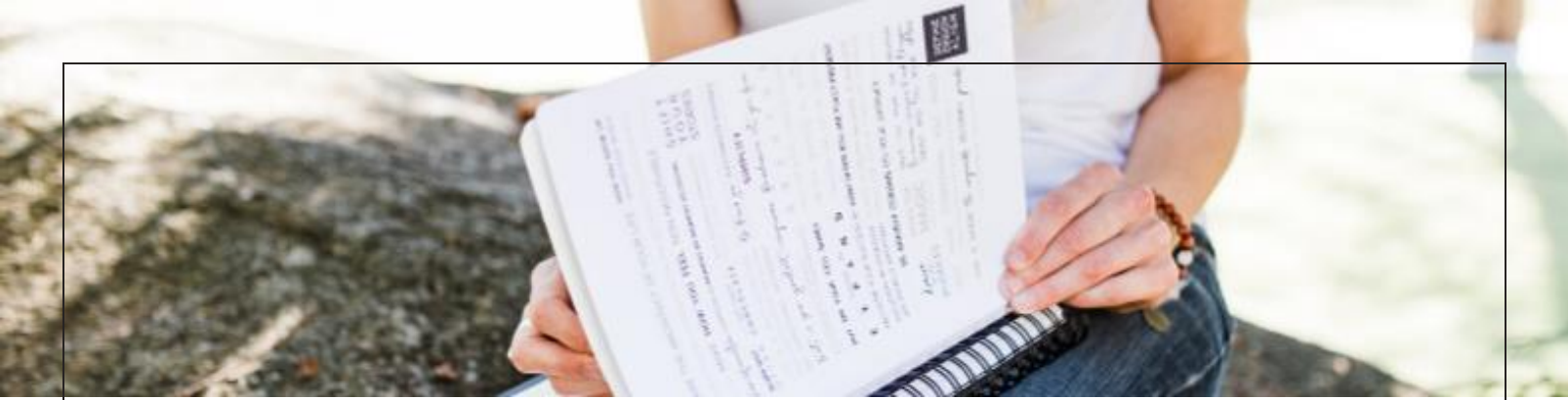
One of the easiest ways to do this is through the simple yet profound practice of daily journaling.

Countless studies have demonstrated that journaling for a short period of time each day significantly reduces stress, improves immune and emotional function, boosts mindfulness and memory, strengthens self discipline, sparks creativity and helps you achieve your goals.

I have personally been journaling for several years as part of my daily “DDA Land and Launch” Practice. The act of consistently carving out the time and space to pause, reflect, gather insights and map out your next steps so you can launch back into your life with clarity, focus and ease is without question, a game changer

There are several ways to journal from free flow stream of consciousness writing to answering a set of structured, repetitive questions each day. I use a powerful combination of both as outlined in the pages that follow.

Journaling not only serves as a place to gain insight and understanding, it is also a very powerful practice for cultivating deeper joy, staying focused on what matters the most, and attracting more of what you want because what you focus on expands and grows.



If we have just met, my name is Leah Goard. I'm a business strategist and lifestyle designer, the creator of The DDA Method and the CEO of THE DEFINE DESIGN ALIGN CO. I am fascinated by what makes people groove, and I am in hot pursuit of the multi-layered answer to one very important question - what does it take to truly thrive in your life and work?

I've been an entrepreneur for over twenty years with businesses in Australia, England, Japan and Canada in personal development, health, marketing, import, education and offshore finance.

I've had the absolute pleasure of helping thousands of courageous, uber-savvy individuals and business owners across the globe, reclaim their lives, align their businesses and create freedom on their terms.

Transformation happens in the moment by moment decisions you make and actions you take in alignment with who you are and what you truly desire.

Cultivating powerful CEO Practices is at the heart of this.

My hope for you is that you take what resonates in the following information and create a daily journaling practice that works for you and that it becomes one of the cornerstones of your success as it has for so many, including myself.

I would love to hear more about your journaling practice, what works for you and your take-aways. I am also always here to answer your questions.

Please don't hesitate to connect here on [Instagram](#) or [Facebook](#) or email me directly at leah@leahgoard.com

To your freedom always,

Leah



(1) Free flow stream of consciousness writing.

Your thoughts, emotions, insights, stories, judgments and worries need a place to land. Otherwise, they will continue to vie for your attention, distract you from focusing, create friction and stress as you move through your day. This practice became popular in the early 90's with the publication of Julia Cameron's book *The Artist's Way*. Cameron highly recommends that the pages span 750 words or at least 3 pages.

Whether you choose to commit to the three pages or not, starting off your morning giving yourself permission to simply allow whatever needs attention and space to free flow onto the page is a very powerful exercise.

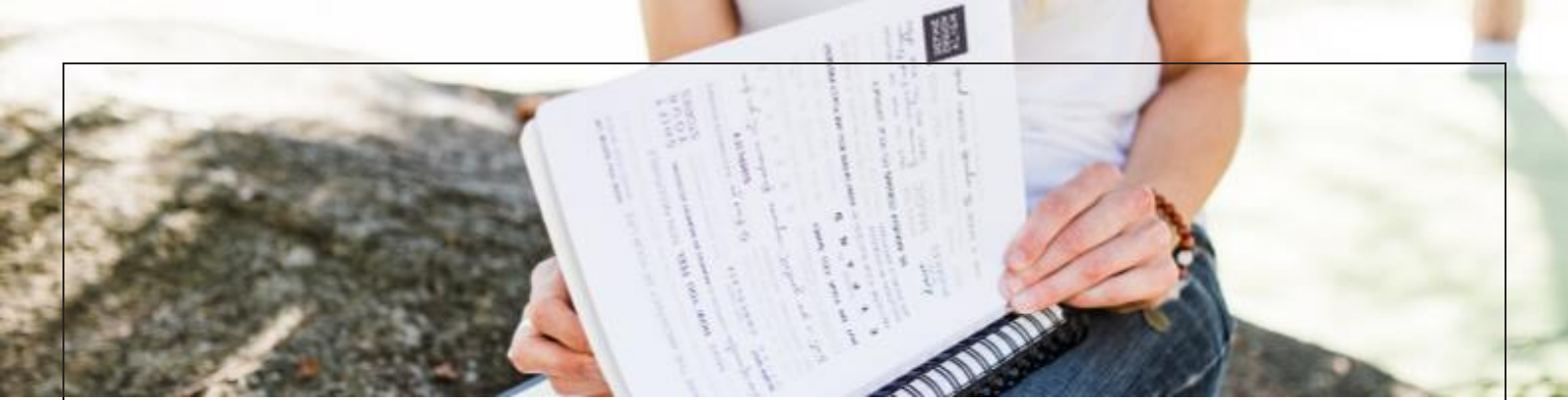
*Don't be surprised if a lot of what you write feels "negative" or random. You are creating the judgment free space to simply clear your mind's path and get all those crappy things out of the way so you can focus on what you DO want to create and experience!

(2) Gratitude

Gratitude is the quality of being thankful with appreciation for what you have, what you experience – the opportunities, challenges and lessons. It's an approach to how you see and experience your world. What you focus on expands and grows and the more mindful gratitude you bring into your perspective, the greater joy you will experience.

It is beneficial to focus on depth and details and recent experiences verses sweeping statements. For example, writing that you are grateful for the help you received from your child in putting the dishes away last night without prompting will have more impact than the overarching statement that you are grateful for your child.

* **Write 3 – 5 things you are grateful each day.**



(3) Write your specific goals and desired experiences “as if” they have already happened or been achieved. Be specific.

In order to create a different experience and achieve your goals then you must give clear focus, energy and dedication for them to come to fruition. The most effective way to do this is to write your reality into existence. The reason for this is simple: your unconscious mind does not know the difference between dreams and reality. This trains you to start thinking and taking actions as if you already are the person who has these experiences or goals achieved thereby speeding up the process.

*** Continue to write the same 5 – 10 experiences and goals every day until achieved.**

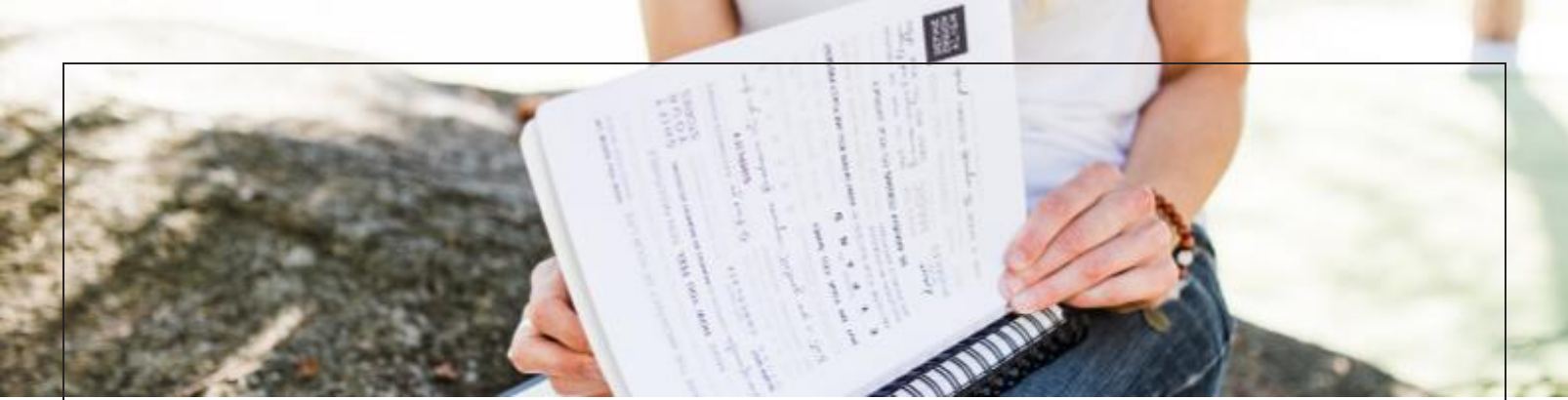
Bonus Step: Shift your Stories

The stories of what you believe to be true and possible are the greatest blocks standing in the way of creating the life and business you desire. A very powerful additional step to take in the goal setting process is to read each goal and identify any limiting belief about the goal and then use [The DDA Shift Method](#) to identify the new story that directly supports your goal and desired experience.

(4) Track the Magic

Tracking the Magic is the simple practice of consistently gathering the evidence that you are expanding and are fully supported in becoming a powerful magnet to create more of what you desire easily. The greater the clarity in your vision of what you desire and alignment in your thoughts, decisions and actions the faster things come to fruition. These are the sometimes seemingly random things that happen or the specific ways in which your requests and needs are being met.

*** Write 1 – 3 ways daily in which you are directly or indirectly being supported.**



(5) Your Desired Experience and Top 3

Finally, before you head into your day, write down how you are devoted to feeling and clearly identify and commit to your top three priorities for your day, ensuring that they are directly supporting one of your goals.

July 16th

(1) Free flow stream of consciousness writing.

I am nervous about my big talk on Thursday and I feel crappy about how I spoke with my kid last night. I just can't seem to get to be early enough and I'm starting my day feeling behind. I'm always feeling behind, and I don't even want to spend my time doing this journaling because it feels like a waste of time even though I know it's not.

I am super excited about our trip and I'm also feeling stretched to make it happen. I wonder what I can do to make this easier.

(2) Gratitude

1. I am deeply grateful for the brief conversation I had with Sam and how she responded to my concerns.
2. I really appreciate how much easier it is to take photos with my new iPhone. I am grateful for the money I had to purchase it.



3. I am grateful for the invitation to go to Kathy's house for dinner on Friday night and the way she always makes sure there is something vegan for me to eat.

(3) Goals and Experiences, I've achieved

1. I am beyond excited to be speaking at TEDx in Vancouver. Or I nailed my talk at TEDx.
2. It feels so good to wear my new pants.
3. I am deeply grateful for the three new clients that I am working with.
4. I feel amazing paying off my credit card.
5. The retreat I held in Mexico was nourishing and fulfilling.

(4) Track the Magic: within three days of identifying that I needed a new assistant and reaching out to three people, the exact person showed up!

(5) I am joyful and creative. My top three priorities are:

1. work out
2. Finish and send out newsletter
3. Complete monthly accounting