



Scripting To Success Masterclass

Welcome to Scripting to Success – your guide to all things journaling, taking pen to paper and manifesting your dream life into a reality.

I recently had to list my desert island essentials and alongside an endless supply of chicken nuggets, I had a notebook and a pen. You see, journaling has become such a staple in my self-care and manifesting routine, I can't imagine not writing in some form every single day.

There is real power in setting an intention with the universe with the written word.

There is also something incredibly therapeutic about opening a notebook and allowing your thoughts to spill out onto the page – regardless of whether you are working with the law of attraction or not.

But honestly, I know this isn't the same for everyone. You just have to look online to see how popular the term "how to journal" is, to see not everyone finds it as free flowing as maybe it should be.

Which is why I wanted to bring together everything I know about journaling and guide you through the process. The why, how and when if you like.

Alongside this introduction to scripting, I also can't wait to share 9 of my favourite ways to fill up your notebooks and in your members area you'll find corresponding elements such as 44 high vibe list ideas and journal prompts to compliment this audio workshop.

So Why Is Journaling So Powerful?

Journaling is one of most powerful and free self-awareness tools there is, if you can access a pen and paper. We have thousands of thoughts making their way around our brain throughout the day, with logical thinking battling against the ego, which is then working against our more positive mindset.

Makes you tired just thinking about it doesn't it?

But you see, journaling can help you manage those thoughts and aids in easing the feeling of being overwhelmed.

It also helps you process memories, situations, fears and thoughts in a safe environment. Journaling for me became a stress reliever – not only because I find the process of writing relaxing, but it really is the ultimate best friend.

Whatever I write, there is zero judgement. I can write my deepest fears, process intrusive thoughts caused by anxiety, celebrate myself, write what I really want to say to the world, or set intentions for my dream life and there is no-one to judge or push forward an unwelcomed opinion.

There is, however, real privilege in me saying this. I have never had to contend with someone reading my journal or questioning why I am writing. So, if you feel uncomfortable writing in a physical notebook which could be found, alternatives are typing on your computer or writing and disposing of the paper afterwards.

Journaling is one of the best ways to gain clarity, especially when you feel overwhelmed with choices or decisions. We love a good pros and cons list, right? With my coaching clients, writing is a key factor in the growth of each person's story, allowing them the space and time to get to the root of why they might be feeling stuck or what blocks they may have.

Journaling on a daily basis has seen my mental clarity improve tenfold, and I'm now able to dream big because I'm able to process niggling doubts and thoughts through techniques such as reflection journaling which we'll discuss in a little while.

When Is The Best Time To Journal?

If you would like to make journalling a key part of your manifestation and self-care routine, then I suggest carving out time as a non-negotiable. I write every single day now and that is because I saw tangible improvements in my mental health and purposely now decide not to let something come between me and my notebook.

Mornings are a great time to journal, as (hopefully) you feel rested, your brain hasn't had time to take in the daily noise surrounding you, and you're able to steer the direction of your day with a much clearer focus.

There is scientific research that shows the prefrontal cortex is also the most active in the morning, meaning you are in a more creative state – especially good as a business owner with big plans.

Other benefits of journaling on a morning included setting intentions before your day starts so you become more aware of your actions and behaviours to meet those goals, it improves productivity and focus, and it can clear any mental clutter before moving into the day – just look at how a to-do list frees up mental space.

Evenings, meanwhile, are a great time to sit and reflect. Journaling isn't just for planning, but for reflecting and breaking down challenging situations too. Writing at the end of the day is the perfect time to do this.

However – and this is an important however - the key thing to remember here is that you can journal whenever you feel aligned to do so, whether that be halfway through the afternoon, or in the middle of the night when you can't sleep. As long as you have a quiet space to sit and pages empty for you to fill, then whatever time the clock says is the perfect time for you to journal.

How To Start Journaling?

OK, so I've preached for long enough why journaling is so important, and I can sense that you're ready and poised with a new notebook and pen, but how do you start the process of daily writing?

Let me share 9 of my favourite ways to manifest your dream life and break through limiting blocks with just a notebook, a pen and some time to yourself.

Try not to overthink the process. Over the last couple of years, when personal development has become a focal point for many, journaling has been built up into this important self-care task that everyone and their mother has seemingly embraced. Which is why it can feel a little intimidating to admit, actually, you don't have a clue where to start.

Use these ideas to dip in and out of, and don't put pressure on yourself to journal every single day. Spiritual self-care practises like this are there to be enjoyed and embraced – not forced as part of your daily routine. Think of it as a pick and mix kind of situation. Pick what you'd like to do, when you'd like to do it.

Journal Prompts

Regardless of whether you are a beginner or an OG writer with notebooks throughout the house filled with thoughts and dreams, journal prompts are a great way to kickstart the thought process and open your mind to different possibilities.

Make the decision to be as honest and vulnerable as you can. In this bundle, you will find a series of journal prompts for all areas of your life, from love to money to self-care. Start by thinking about what area of your life needs a little focus, and find journal prompts that allow you to delve deeper into what might be causing a blockage of energy or flow of abundance coming into your life.

The beauty of prompts is that you can dip in and out whenever you feel the urge to write but feel challenged with knowing where to start.

Stream of Consciousness

Another way to journal is to simply free-write. This is more formally known as a "stream of consciousness" and is the concept of you writing whatever comes into your head for a set amount of time; words, sentences, doodles even, without editing or correcting. I find this technique especially good when I am feeling anxious. Words will often come up which indicate what might be happening in the subconscious part of my mind and I can start to dive a little deeper into where this feeling is

coming from and how I could reframe or move forward. Remember, with a stream of consciousness, nothing needs to make sense so don't second-guess and just let your hand and mind flow.

Letter of Gratitude

Sitting in the energy of gratitude is one of the highest vibrational frequencies you can be in to manifest. After all, when you are grateful, the universe delivers more to be grateful for – where focus goes, energy flows remember.

And while in your members area you will find 21 daily prompts to help you welcome more gratitude into your life, a powerful way to lift your vibrations is to write a letter of thanks to the universe as if your manifestation – whether it be a new job, your soulmate, more money – has already arrived. Start the process with “Dear Universe” and tell our girl just how thankful you are now that your manifestation has made itself known.

For example; “Dear Universe, thank you so much for bringing love into my life. I can't believe I have finally met my soulmate. He is creative and funny, and I can't wait to build a life together...”

As I draw my letter of gratitude to a close, I always sign off... “And so it is” as a way of sealing my intentions with the universe, sitting in the energy of already believing it to be mine.

Morning Pages

Morning Pages are a powerful writing technique made popular by Julie Cameron in her book *The Artist's Way*. Designed as a way to help creatives break through any blocks they were suffering, Morning Pages is the concept of writing three pages each and every morning, in a similar manner to a stream of consciousness mentioned earlier.

It really is about writing down anything that crosses your mind, with the intention of not editing yourself or scribbling anything out. This is why Morning Pages are meant to be handwritten in a notebook, rather than on a computer. Let's say no to the edit button for a moment.

The recommended notebook for Morning Pages is an A4 sized book; although with anything in life, it is better to start than wait for perfection, so grab whatever empty notebook you have to hand and fill three pages of your thoughts.

Power of a List

Positive list making is an amazing tool to raise your vibrations and set future intentions of what you'd like to attract into your life. Why? Because as humans we thrive off planning for the future and creating a list enables us to do this in an easy-to-digest way. Especially in times that feel uncertain in many respects, planning for the future helps remind us that whatever season we're in now, will pass and a new light will arrive.

There's also real power in delving deeper into a topic when you're pushed to think of, say, 20 points.

For example, you might not be able to think of 20 ways you'd change your life right now, but if you sit and start to create a list, you'll soon start to realise how much comes to the surface when you give yourself the time and space to breathe into journaling. The real change comes from taking action on these lists, so if you have a travel bucket list for example, why not meet the universe halfway and start to research future accommodation on Airbnb or price up flights on Skyscanner?

In your members area, you will find a list of 44 List Ideas To Raise Your Vibrations – hands up if that excites anyone else just as much as it does me?

Scripting Your Ideal Day

Scripting is a technique used in manifestation which sees you sitting and journaling as if your dreams have already happened. Like a “dear diary” moment for your dream life if you like.

When done on a regular basis, the technique is designed to help reprogram both your conscious and subconscious mind by focusing on what it is you *really* want from life and how you imagine feeling when these things arrive into your reality. Because remember, to manifest, we must lean into the energy of emotion and imagine how we will FEEL when our dreams come true, however big or small they may be.

Scripting can bring with it so much clarity and realisation about the things you truly want from life, as well as being an incredible high-vibe way to spend a Sunday evening – or any other time of day, I just always link Sunday's to planning my next level self.

You could script your ideal day in business, your ideal day with a loved one, your ideal day on holiday – there are so many alternatives for this technique, but the key to remember is to always write in the present tense as if your manifestations are in your reality, to write with gratitude and in as much detail as possible.

For example, “Today I woke up wrapped in the softest White Company bedding as the sun was streaming through the windows. I am thankful every day I have a business which means I never have to set an alarm. We live in such a quiet, peaceful area, all I could hear are the birds in the trees. As I stepped out of bed, I could feel the underfloor heating hit my feet, giving me a toasty welcome to the morning. I did an hour of yoga and meditation in front of our floor to ceiling windows as the sun shone outside and I could see the cats play in the garden together....”

Can you see how much detail has gone into just the first section of the morning? Detail allows you to visualise and feel into the energy of this dream life being yours, which is great if you find creating a movie in your mind challenging.

Once you have scripted your ideal day, read it back, over and over again and notice how your positive energy increases. You are more than capable of attracting this ideal day, ideal business, ideal date...now is the time to take a step closer to it and see how you can meet the universe halfway.

The Unsent Letter

One of the ways our manifestations are blocked from arriving into our life, is by resentment caused by past trauma. A journaling practise I guide coaching clients towards if they are suffering from a need to forgive, is to write an unsent letter.

The unsent letter is an incredibly emotive way to say everything you'd like to someone who is causing you to hold onto negative energy in your body, without the aftermath of confrontation. Often, we can carry around years of anger towards someone or something, which in turn creates an energetic block in our lives, stopping us from developing into our future selves in a positive way.

In your letter, be confident in explaining exactly how you feel, including writing down all of those thoughts that came to you in hindsight that you wished you'd remembered in the moment.

However, within those same pages I want you to also release this anger and forgive yourself and the person/situation. Write down your forgiveness. Carrying this resentment around with you any longer is like drinking poison and waiting for your enemy to die.

Finish the letter with words of forgiveness and empathy and then release how you see fit - whether that be burning the paper, tearing it into little pieces, throwing it away ect. Always be sure to fold the paper away from you to propel those negative thoughts away, rather towards you to trap them in like we do intentions.

Reflection

Incorporating journaling into your evening routine, as mentioned earlier, is a great way to wind down and reflect on that day just been. Reflection provides the perfect opportunity for you to not only see what went well, but what could change moving forward and how your mindset could alter for the better. Some reflection questions to take note of include:

- What went well for me today?
- Who did I value throughout the day?
- What could I change so tomorrow is easier?
- What am I thankful for?
- What made me the happiest today?
- What brought me stress?
- What could I change to lower that stress?

Can you see how posing the questions to yourself, you are able to learn new lessons and actively change your way of thinking?

Write A Letter From Your Future Self

Writing a letter from your future self is one of the most affirming ways you can work in conjunction with the universe. Afterall, our future selves are already within us right now, it is not someone else we suddenly become. All of that greatness and possibility is there within us for us to break through and bring to the surface.

Similar to the idea of scripting to bring your intentions into the forefront of your mind, writing a letter as your future self really gives you the space to take care and be kind to the present you. To remind them how loved they are. How they will get through any challenges they're facing right now.

How often do we struggle with negative self-talk? More often than we like to admit right? But your future self is able to explain that actually you're doing great, you're on the right path and everything worked out for the greater good.

Your future self can tell you how they are living now. What has changed in their lives. What amazing things have happened. Why, whatever you're going through now, was worth it in the end. Your future self shows compassion and love to your present self. Be your own best friend.

To Sum Up...

As we draw this masterclass to a close, I wanted to again remind you that no matter if you journal in the morning, no matter if you write a letter, burn your words or make endless to-do lists, embrace this form of spiritual self-care in whatever way suits your lifestyle.

Make your way through the rest of your members area to discover journal prompts, 44 list ideas to raise your frequency, a 20 minute Reflect, Release & Realign Guided Journaling audio and 21 Days of Gratitude prompts to help increase those high vibrations.

Thank you and happy scripting...