

**Why not run a 30 Day Challenge to Get Your Brand Out There?
And Edu-tain with your posts.
(Here's one for a client's journaling challenge.)**

"I have to type out my journals." Are you crazy?
Typing?

😞 That gives that inner Censor a front-row seat to your most intimate thoughts.

💬 These thoughts may show up in bubble form.

💣 The Censor loves to burst these gems. 💎

👤 Especially, before they have a chance to dance before and delight you.

♣️ Or convince you they have a life worth cherishing.

✍️ Journaling insights come in sprints and spurts.

These breakthroughs aren't mulled over.

🍷 They just POP out.

When the left brain gets bored 😞, the right brain takes over.

The left side's caught by surprise 😲 as the right side whips out his own set of reins.

Then, the right plays on the page

✍️ That's what journaling can do...give you a safe place to play on the page.

🍷 In all honesty, I had to see the bubbles of insight POP through--you might too---to feel the hook of journaling.

And to do that, you disguise the purpose with dull, bland, and often petty thoughts....the same old stuff that makes up your week-to-week routine. BLAH< BLAH< BLAH

It elevates the mundane to page-level importance.

😞 and then, 🍷 POP! It comes.

You become empty. Your left brain is bored. Open the channel! It's primed to receive the signal.

WHAMO!

🧠 A new bit of something.

😊 A new idea.

😊 A fresh perspective

😊 A novel approach

😊 A brand-spanking new solution to your problem.

🍷 Something---POPS----through and then, like a bubble it grows. 🍷 Quick-like, it POPS again.

Sometimes it comes back in the next day's journal to be explored some more.

At other times, you take the center stage of the left and right brain.

🍷 I wish everyone could experience that POPPING sensation.

But don't reread your pages for 8 weeks.

What you remember and don't reread from the page is fair game.

🏃 Turn this sprint into a marathon if you want.

🏃 Speaking of sprints to marathons... time to practice.

You know the drill...

And have felt the push toward our goal. ➡

🖋️ Set clock....20 minutes.

🖋️ Pen

🖋️ Paper

🖋️ In seat

👁️ Watch what happens. Check-in here, tomorrow.

★ What' new POPS of insight entered your life this week?"

[#30daychallenge](#) [#chasehappiness](#) [#jeffsyblikcom](#) [#writerslife](#) [#journaling](#)