

THE LIFE AUDIT

JOURNALLING

WITH THE FOUR SEASONS OF THE HEART BOOKS

Cynthia Morton, author of four seasons, has provided us with a very useful way of focusing on and strengthening our emotional fitness through daily readings in the four seasons of the heart books. It is designed to take one or two a day rather than power through each of the concepts in one sitting.

Journaling is a useful companion to accompany you reading of The Four Seasons of the Heart, and while you might have your own journaling process the one below is useful to try.



READ

Take the time to slowly read the day's chosen reading. Think about your life and the lives of others in relation to what the text is saying.



OBSERVE

Write down in your journal something about what is the author saying. We all read something different even though the words are the same. We interpret that information in diverse ways.



APPLY

Ask yourself how could I apply this to my life? Write something down in your journal about this.



GRATITUDE

It is always good to finish journaling on a positive note. Write in your journal something you are grateful for or are hopeful about.

Taking the time to reflect and write is one of the coping strategies that **improves our mental health**, it helps us diffuse difficult and persistent thoughts and unwanted emotions. Naturally these strategies only work if we **actually do them**. Daily practice has an **accumulative effect** that can be quite powerful and energising.

A wellbeing retreat for the busy woman