

Life Blog

With the Life Blog you write your story of your life as it is now.

The aim here is to unlock your current feelings about events in your life to allow you to identify areas of potential change. Take your time and don't overthink what you are writing, that way you'll get your leading thoughts down on page without editing or censoring them too much.

Follow the directions below for this exercise. The sections that you are left with highlighted in bold at the end are the areas of your life that resonate most for you and these are the areas to explore when considering what is frustrating you in life.

1. Give yourself the best chance at success and find yourself somewhere where you can get some quiet time. 20 mins or so should be plenty.
2. Close your eyes and focus on how you are sitting and your posture for a couple of minutes.
3. Think back over the course of the day, last few days, last week, month, however far back you can and playback the events of your life.
4. Do this for as long as you can remember new life events, conversations, situations. 5 mins or so.
5. When you're ready, open your eyes and write about your life. Anything you want, in whatever order you want. You could start from the earliest memory you just thought about, or you could write about your memories in topics like, 'Family', 'Work', 'Romance', 'Activities'.
6. Write for as long as you can and write as much as you can without over-thinking. Aim for a good A4 page full and no more than 2.
7. When you are finished put your writing aside for a few hours. Go make some food and watch some tv or go to the gym or have a sleep, whatever floats your boat.
8. Come back to the paper after a few hours and read what you have written.
9. While reading highlight, or underline, any phrases throughout your writing that stand out to you.
10. These will be contained in the sentences relating to areas of your life worth exploring if you are looking for answers.

