

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



THE BASICS

Welcome to week four

ADVANCED JOURNALING TECHNIQUES



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Deepening Your Thoughtwork for Self-Coaching

Congratulations! You've made it to the last week of your first month of regular thoughtwork. By now, you've spent time getting familiar with the thoughts that fill your mind—some expected, some surprising, and some that have likely challenged you. This week, we're diving into advanced journaling techniques—powerful tools to help you uncover limiting beliefs, hidden patterns, and subconscious blocks that might be holding you back.

Journaling isn't just about venting emotions or keeping a record of your day. When used intentionally, it becomes a mirror reflecting the deeper layers of your mind. Sometimes, a single thought buried beneath the surface explains why you've been stuck in procrastination, self-sabotage, or avoidance. Advanced techniques will help you dig deeper, challenge your thinking, and shift your mindset to create real change.

Powerful Techniques for Advanced Journaling

The Five Why's: Tracing Thoughts to Their Roots

One of the simplest yet most eye-opening exercises is the Five Why's. This method involves asking yourself why you believe something five times—each answer leading you deeper into the real belief behind your thought.

Example:

- Thought: "I'm not good enough to ask for a promotion."
- Why? "Because I don't have as much experience as others."
- Why? "Because I took time off for my kids, and I feel behind."
- Why? "Because I believe taking a break means I'm not as valuable."
- Why? "Because I've been taught that success means never pausing."
- Why? "Because I'm measuring my worth based on external standards instead of my own abilities."

By the fifth "why," you often uncover a deep-seated belief that has been silently influencing your decisions. Never accept "I don't know" as an answer—keep going!

Rage Journaling: Releasing Hidden Frustrations

Anger is often an emotion we suppress, but it can be a powerful messenger. Rage journaling gives space for raw, unfiltered thoughts. Let yourself write without editing, without worrying about being "nice" or "reasonable."

Try this prompt:

- "I am so angry about ___ because ___."
- "I hate it when ___ because it makes me feel ___."
- "If I could say anything without consequences, I would tell ___ that ___."

Let it flow. You might be surprised by the truths that surface—truths you've been avoiding. Once released, these emotions lose their grip, and you gain clarity on what you really need.

The Appreciation Rant: Rewiring Your Brain for Positivity

Just as we can spiral into negative thought loops, we can also train our minds to spiral upward. An appreciation rant is a way to flood your brain with positivity and abundance. Start with:

- “I love that I get to ___.”
- “I’m so grateful for ___.”
- “I’m proud of myself for ___.”

Even if it feels forced at first, keep going. The more you practice, the more your brain starts naturally noticing what’s working in your life instead of what’s missing.

Journaling Challenge for the Week

Each day this week, choose one advanced technique and spend 10–15 minutes exploring it. Notice how different exercises bring up different insights. What patterns do you see? What thoughts need to be rewritten?

Remember: You are not your thoughts. You are the observer of them. These tools will help you see your mind more clearly—and once you see clearly, you can start making powerful shifts.

Let’s get to work!

ADVANCED JOURNALING TECHNIQUES

Discovering Hidden Thoughts

A belief is simply a thought you have repeated so often that you've accepted it as truth. But have you ever stopped to ask yourself why you believe certain things?

Some beliefs feel like universal truths—"It's good to own a home," "It's responsible to have a job," or "Paying taxes is necessary." But in different cultures or circumstances, these "truths" might not make sense at all. This is why questioning your beliefs is such a powerful tool.

This week, you'll use advanced journaling techniques to identify limiting beliefs, explore their origins, and decide whether they still serve you. You can keep them, reshape them, or replace them altogether.

For example, I once believed, without question, that it was impossible to be both a good doctor and a good mom. I had been told this by enough people, at enough different stages of my career, that I accepted it as fact. Even though I had role models proving otherwise, this belief remained lodged deep in my subconscious—until I took the time to examine it.

Now, it's your turn.

Technique 1: The Five Whys

Uncovering the Root of a Limiting Belief

Sometimes, we hold onto beliefs without understanding why we believe them. The Five Whys technique helps you peel back the layers of a belief to discover its true origin.

Instructions:

1. Identify a limiting belief.
2. Ask yourself: "Is this actually true?"
3. Challenge it: "How do I know this is true?"
4. Then, ask yourself "Why?" five times to trace it to its root.

Example:

Limiting Belief: I'm not qualified enough to ask for a raise.

- Why? Because I don't have as much experience as others.
- Why? Because I took time off for my family.
- Why? Because I believed I had to choose between career growth and being present at home.

- Why? Because I was taught that being a working mom means sacrificing one for the other.
- Why? Because society often tells women they can't have both.

Now, I can see that my belief isn't based on fact—it's based on a story I was taught. Once you see that, you can rewrite the story.

Your Turn:

Limiting Belief:

Is this true?

How do I know this is true?

Now, ask yourself why five times:

Why? _____

Why? _____

Why? _____

Why? _____

Why? _____

What I Learned About This Belief:

Technique 2: Rage Journaling

Giving a Voice to Suppressed Emotions

Anger, frustration, and fear are emotions many of us try to suppress. We might feel ashamed of them, worried they make us “bad” people. But in reality, these emotions are messengers—they tell us what we value, where we feel powerless, or what boundaries are being crossed.

Rage journaling allows you to safely release these emotions in a space that is completely free of judgment. You don't have to censor yourself. You don't have to be polite. Let it all out. And when you're done, you can tear it up, burn it, or keep it—whatever feels right.

Instructions:

- 1. Set a timer for 10-20 minutes.
- 2. Write freely about whatever is making you angry, frustrated, or overwhelmed.
Do not edit yourself. Just let it flow.
- 3. If you still feel unsettled afterward, reflect on this final question:
- 4. What does this emotion teach me about what I value or need?

Journaling Prompts:

What's on my mind right now?

What am I angry or upset about?

What does this emotion teach me about what I value or need?

(Note: Some days, just getting the anger out is enough. Other times, reflecting further can provide deeper insight.)

Technique 3: The Appreciation Rant

Training Your Brain to See Abundance

Negative thoughts tend to demand attention, but positive ones often get overlooked. The Appreciation Rant helps rebalance your focus, allowing you to actively recognize what's good in your life.

This is NOT about toxic positivity. It's not about pretending everything is great when it's not. It's about giving equal airtime to what's already working for you.

Instructions:

1. Set a timer for 10-20 minutes.
2. Write intensely about everything in your life that you appreciate—big or small.
3. Notice how you feel before and after this exercise.

Journaling Prompts:

What I'm grateful for today?

How does this shift my energy?

(Take a moment to notice how you feel before and after writing. How does gratitude change your state of mind?)

By training your brain to notice abundance, you naturally begin to shift your focus from what's missing to what's thriving.

Final Thoughts

Each of these exercises serves a different purpose:

- The Five Why's help you uncover and rewrite limiting beliefs.
- Rage Journaling allows you to release and process difficult emotions.
- The Appreciation Rant shifts your focus toward gratitude and abundance.

This week, experiment with each technique and observe what comes up for you.

Journaling isn't about getting it "right"—it's about creating space for clarity, healing, and growth.

You are not your thoughts. You are the thinker of your thoughts. And that means you have the power to change them.

Let's dive in!



WEEK FOUR

PRACTICING GRATITUDE AND INTENTIONAL THINKING

What are three things I'm grateful for today, no matter how small?

How has shifting my thoughts changed my experience this month?

What is one intentional thought I want to carry with me moving forward?

What are three ways I can continue building my "mind magic" muscles in the months ahead?

What am I most proud of myself for this month, and why?