

# *Writing for Authenticity*

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*A beginner's journal for the inner journey*



Welcome to your Making Space Mini Journal : Writing into authenticity!

Your journey has led you here and we are happy to have you! So much of our lives happen outside of our conscious awareness. Days can easily fill up with early morning alarms, followed by traffic and meetings and the routine of career, family life and doing the best we can to make life work. The constant “go” can be exhausting. Even those relationships, tasks and interests that are meaningful to us, take their toll. In all of the hustle and bustle, we can lose sight of the reasons we are doing all of this in the first place. And in losing sight of the reasons, we lose sight of ourselves.

We don't promise that spending time writing, reflecting, and connecting with yourself will give back all of the things that have fallen out of focus. But we do know, that a life worth living, is a conscious life, and it can be a lot harder to live life on autopilot after you have decided to pay attention to who you really are and what makes you tick. So, living authentically is not a cure all, but it does create clarity and clarity creates CHOICES. Where there are choices, there are possibilities, and possibilities mean that you can always write a new story about who you are, what you love, and how you live.

**Possibilities mean that the choices you made yesterday do not have to be the prison you live in today, if you don't want them to be.**

We hope you enjoy this mini journal. We have stuffed it with daily mood checkins, which are opportunities for you to ask yourself how you are doing and what you are feeling. We also have a section called “Today's joy,” which is your chance to reflect on something each day that inspired or moved you in some way. This may even be something for which you are grateful.

Inside of these pages, you will find writing prompts, action steps and thoughtful quotes. May this journal represent the beginning of a process of awakening to and finding deeper wisdom in the adventure of your life!

**You are your own best thing and we LOVE that about you! Take good care.**

Always,

Nilaja & Alexandria

Cofounders: Making Space Writing and wellness collective

(a program of Standpoint Therapy & Organizational Consulting)



















Date:

Mood/Emotions:

Today's joy:



Is it time for a new or modified story? If the old story is not working for you, consider the ways you might alter it? How might you change how you see those things/people/experiences that you used to rely on to define you? How might you change how you see those things/people/experiences that truly bring meaning to your life?

A series of horizontal lines for writing, alternating between white and light green background colors. The lines are arranged in a repeating pattern of white, light green, white, light green, and so on, providing a structured space for the user's response to the reflection prompt.





Date:

Mood/Emotions:

Today's joy:

### Making Space Moments

Sometimes, we think change in life has to be hard.

Yet, it's the simple things that can improve our lives.

Write 5 simple things that you would like to make a healthy habit of doing regularly in your life. One example to get you started is:

I will drink more water.

1.

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2.

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3.

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4.

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5.

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What is one step you can take today towards one of those habits?

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Your sacred space  
is where you can  
find yourself  
over and  
over again.

- Joseph Campbell

*Thank you for embarking on this journey.  
We hope that you have learned  
something useful.  
For more information on workshops,  
contact:*

*Makingspacewriters @gmail.com*