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*Welcome to your journal for this month. I hope you can take time over the next few weeks to create a quiet and cosy space for yourself and put pen to paper, allowing your thoughts to come out on the page. Journaling is a powerful process to help you gain clear insight into your thoughts and feelings and as this month is all about communication, journaling will be a beneficial tool to help you make changes or improvements.*

*How do you speak to yourself? Positively or negatively?*

*Why do you speak this way to yourself?*

*How do you talk about yourself to others? Positively and negatively?*

*Why do you talk about yourself like this?*

*Do you criticise or joke about yourself or your appearance to others? Why do you do this?*

*Do you say ‘yes’ to things that people want, even when you don’t want to?*

*If yes, why do you do this?*

*Do you listen to what your body is trying to communicate to you? (e.g. when you are stressed and the body feels drained.)*

*How do you respond to the communication from your body?*

*Do you avoid listening to your feelings, thoughts and emotions?*

*If yes, why?*

*If no, do you find it helpful to listen to them?*

*Do you listen to your intuition and what it is trying to communicate to you?*

*If yes, why?*

*If no, why?*

*How do you communicate how you are feeling to others?*

*Do you find it difficult or easy?*

*Are you aware when you are feeling triggered or angry?*

*Have you ever communicated negatively to someone because you were feeling this way?*

*What happened in this situation?*

*Do you deal with things as they arise and communicate how you feel or do you let things build up and then explode when it has become too much?*

*What would you like to change about your communication style?*

*How do you deal with conflict and negative communication from others?*

*What have you learned from these experiences?*

*What communication patterns would you like to change in the following relationships:*

*Family*

*Friends*

*Colleagues*

*Romantic Partner*

*Why do you want to change these patterns?*

*How do you feel about communicating about your strengths to others (e.g. in a job interview, sharing your business and services, etc.)*

*How would you like to improve in these areas?*

*What other insights have you discovered this month?*