

SOLDIER 360°

Journaling Playbook



About Journaling.

Journaling can be....

...a reflection on today or a legacy for tomorrow;

...remembering when it was different;

...awareness and a plan of action;

...how to cope better with the same old things, or some new things thrown in;

...how your body, mind, emotions, and spirit interact;

...how you are achieving self-mastery.

There is no wrong way to journal, but consistency is the key to making it personally beneficial.

Personal Journaling: personal goals, professional goals, growth, spiritual enrichment, spiritual direction, random, life philosophies.

Creative Journaling: poetry, essays, lyrics, word play, snippets of thoughts for later reflection, quotes.

Therapeutic Journaling: ventilate, liberate, “desahogarse,” inner dialogue, catharsis, transitions, relationships, stream of consciousness, daily record.

Upbeat Journaling: jokes, things heard, quotes, thumbs up, insights, things that are going right, entertainment.

Dream Journaling: Recall, metaphors, subconscious, revelations, recurring dreams.

Chronological Journaling: pain and healing, life’s ups and downs, memories, essential information, family stories, health.

Daily Pulse Journaling: mood, stress, eustress, energy, health, diet, exercise, sleep, work, relationships.

Journaling = self-curiosity, observation, ponder, wonder, writing, enjoyment! “It’s my life, it’s now or never...” *Bon Jovi*

Using your journal in this course.

- Choose from the quotes and thoughts on the following pages, and add your spin on their meaning and how you can apply them in your daily life.
- Select from your own experiences, key lessons, important people you have met and who have influenced your life, or your favorite quotes or sayings, build a playbook by which you live your life in the present moment.
- Reflect on your goals, plans, and next steps. Remember, it’s not the “why” that matters most, it’s the “now what” that will securely take you to your next step.

~ AND ~

- Take notes on all of the lectures and discussions – you will be the instructor next week!



Journal Topics

“...if you have the courage to begin, you have the courage to succeed...”



I hear and I forget
I see and I believe
I do and I understand
~Confucius ~



Remember, everything changes when you change...how will I continue to mindfully grow and develop?



The scars you have acquired by exercising courage will never make you feel inferior.



Learn to be silent. Let your quiet mind listen and absorb. ~ Pythagoras~



Nothing erases unpleasant thoughts more effectively than concentration on pleasant ones. ~Hans Selye~



We are what we think. ~ Buddha~



We don't see things as they are...we see things as we are. ~The Talmud~



The eye is the lamp of the body. So, if your eye is good, then your whole body will be full of light; but if your eye is bad, your whole body will be full of darkness.
~Matthew 6:22~



What you *think*, you become.
What you *feel*, you attract.
What you *imagine*, you create.



1. The power of one
2. I determine me
3. Small victories
4. Play-dough
5. Leadership



How would my life be better if I were more mindful and lived in the moment?



I am somebody. I am me. I like being me. And I need nobody to make me somebody.
~Louis L'Amour~



Teilhard de Chardin (1881 – 1955) wrote, “We are not human beings seeking a spiritual experience, we are spiritual beings living a human experience.”



Another quote from *de Chardin*: “We are to proceed as if limits to our ability did not exist, for we are collaborators in creation.”



“Ah, but one’s reach should exceed the grasp, or what’s a heaven for?”
~Robert Browning~



If the main thing, is to keep the main thing, the main thing, what is MY main thing?



How can you maintain discipline without being abusive?



Is it possible for me to be alone and not be lonely? Why or why not?



How is my concept of spirituality different now from before?



In what ways will I apply what I have learned in a fast-paced day?



How will living in the moment help me to create a happier tomorrow?



Which of the methods that I have learned over the past week will I continue to use on a daily basis?



How can I mindfully continue to grow and develop?



What are my next steps? And how can I apply what I have been thinking, feeling, and doing in this course?



Continue your story...focus on where you want to go; not on what you fear. It's not what you accomplish in life that matters, it's what you overcome!



Which of the methods I have learned over the last two weeks will be easy for me to sustain...which will be more of a challenge?



A group of frogs were traveling through the woods, and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they could never get out of the pit and that they were as good as dead. However, the two frogs ignored the comments and tried to jump up out of the pit with all of their might. The other frogs kept telling them to stop, that they would never make it.

Finally, one of the frogs took heed of what the other frogs were saying and gave up. He stopped jumping, laid at the bottom of the pit, and died. The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain, give up, and just die. The frog, however, jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?" The frog (reading the frogs' lips) explained to them that he was deaf. He thought they were encouraging him the entire time

Story Lessons:

1. There is a power of life and death in the spoken word. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A discouraging word to someone who is down can be very destructive to them. Be careful of what you say. Speak words of encouragement to those who cross your path.

The power of words . . . it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times. But, special is the individual who will take the time to encourage another.



If I Had My Life To Live Over
~Erma Bombeck~

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained and the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would have shared more of the responsibility carried by my spouse.

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now get washed up for dinner."

There would have been more "I love yous" . . . more "I'm sorrys" . . . but mostly, given another shot at life, I would seize every minute . . . look at it and really see it . . . live it . . . and never give it back.



Getting Even ~Zig Zigler~

"One of these days I'm going to get even with you!" is a statement that all of us are familiar with. People are either threatening to or actually getting even with others. . .

I love the story of what happened during the days of the Berlin Wall. One day some of the East Berliners decided they were going to send their West Berlin adversaries a little 'gift'. They loaded a dump truck with garbage, broken bricks, stones, building materials, and anything else with zero value. They drove the truck across the border, gained clearance, and dumped it on the West Berlin side.

Needless to say, the West Berliners were incensed and were going to "get even" with them. They were going to "pay them back". Fortunately, a very wise man intervened and gave entirely different counsel. As a result, they responded and loaded a dump truck with food (which was scarce in East Berlin), clothing (which was also scarce), medical supplies (which were even scarcer), and a host of other essential items. They

took the truck across the border, carefully unloading it all, and left a neat sign that read, “Each gives according to his ability to give”.

The West Berliners had taken Booker T. Washington’s philosophy literally: “I will permit no man to narrow and degrade my soul by making me hate him”. It makes you smile as you wonder how the East Berliners felt, along with the gratitude for the much needed supplies. I’m willing to wager they were somewhat embarrassed by their own attitudes.

“Kill ‘em with kindness. Don’t return evil in like kind. Be more magnanimous than that.”



Too Much

We have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicine, but less wellness.

We spend too recklessly, laugh too little, drive too fast, get too angry too quickly, stay up too late, get up too tired, read too seldom, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and lie too often.

We’ve learned how to make a living, but not a life; we’ve added years to life, but not life to years.

We’ve been all the way to other universes and back, but have trouble crossing the street to meet a new neighbor.

We’ve conquered outer space, but not inner space; we’ve done larger things, but not better things; we’ve cleaned up the air, but polluted the soul; we’ve split the atom, but not our prejudice; we write more, but learn less; plan more, but accomplish less; we talk more and listen less.

We’ve learned to rush, but not to wait; we have higher incomes, but lower morals; more food, but less appeasement; more Facebook “confirms”, but fewer true friends; more effort but less success.

We build smaller computers for greater performance, but are less efficient.

These are the times of fast foods, and slow digestion; tall men, and short character; steep profits, and shallow relationships.

These are the times of more leisure, and less fun; more kinds of food, but less nutrition.

These are days of two incomes, but more divorce; of fancier houses, but broken homes.

Think about it. Read it again. Value and embrace your family, your faith, your friends, and your life dearly.



Act the way you want to become and you'll become the way you act. ~Rob Gilbert~



If you're anticipating the worst while hoping for the best, you will usually get the worst. Turn it around: Visualize the best, anticipate the best, believe the best – and you'll usually get the best. ~Gil Atkinson~



When I was growing up, I always wanted to be someone. Now I realize I should have been more specific. ~Lilly Tomlin~



The future belongs to those who believe in the beauty of their dreams. ~Eleanor Roosevelt~



I've learned the hard way that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself. ~Lucille Ball~



It is only possible to live happily ever after on a day-to-day basis. ~Margaret Bonano~



I have been given this day to use as I will. I can waste it or use it for good. What I choose to do is important, because I am exchanging a day of my life for it.



A year from now, you may wish you had started today. ~Dr. Robert Schuller~



Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal. ~Pamela Starr~



Dreams come in a size too big so that we can grow into them. ~Josie Bisset~



People change and forget to tell each other. ~Lillian Hellman~



Imagination is only intelligence having fun. ~George Scialabba~



Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. ~Buddha~



Friendship with one's self is all important, because without it one cannot be friends with anyone else in the world. ~Eleanor Roosevelt~



Be sure you put your feet in the right place, then stand firm. ~Abraham Lincoln~



It is a terrible thing to see and have no vision. ~Helen Keller~



It is better to light a candle than to curse the darkness. ~Eleanor Roosevelt~



Peace begins with a smile. ~Mother Theresa~



We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face . . . we must do that which we think we cannot.



In the end, it's not the years in your life that count. It's the life in your years.



No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit.



In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.



I walk slowly, but I never walk backward. ~Abraham Lincoln~



No one can make you feel inferior without your consent.



Probably the happiest period in life most frequently is in middle age, when the eager passions of youth are cooled, and the infirmities of age not yet begun; as we see that the shadows, which are at morning and evening so large, almost entirely disappear at midday.



If you can't feed a hundred people, then feed just one. ~Mother Teresa~



Peace begins with a smile. ~Mother Teresa~



Peace comes from within. Do not seek it without. ~Buddha~



The mind is everything. What you think you become. ~Buddha~

There are only two mistakes one can make along the road to truth; not going all the way, and not starting. ~Buddha~



You, yourself, as much as anybody in the entire universe, deserve your love and affection. ~Buddha~



What we think, we become. ~Buddha~



Any intelligent fool can make things bigger and more complex... It takes a touch of genius - and a lot of courage to move in the opposite direction. ~Albert Einstein~



Concern for man and his fate must always form the chief interest of all technical endeavors. Never forget this in the midst of your diagrams and equations. ~Albert Einstein~



Insanity: doing the same thing over and over again and expecting different results. ~Albert Einstein~



Science without religion is lame, religion without science is blind. ~Albert Einstein~

