

FAQs and Tips About the Mind Thoughts Journal Courses

What are the Mind Thoughts Journal courses?

The Mind Thoughts Journal courses are a unique journaling series created to support those who want to explore their existing beliefs about themselves by tapping into the thoughtfulness, reflection, and stillness of the active mind with the written word.

The journal workbooks combine four inspirational concepts that help delve into personal, reflective thought – a beautiful image of the natural world, an inspirational or motivational quote, a short article around the quote’s idea, and a separate page of questions to answer. This unique combination provides support and promptings by putting the mind at ease and enhancing it to get the most from a journaling practice.

What do the Mind Thoughts Journal courses do?

The Mind Thoughts focus your mind on a particular idea using visual and written inspirational prompts. Providing a short article on the idea behind the quote generates some ideas of your own to draw out personal observations regarding response, reaction, and behavior on the quote’s topic.

How does the journal course change my beliefs about a concern?

The series was developed to provide a platform to increase personal thought and ideas in an inspiring and profound manner. You’re able to get in touch with your inner mind by being aware of responses, reactions, and behaviors in a given situation. Once aware, you can discover what beliefs you have and then have the option to think differently in the future.

Changing behavior can be challenging with the active, logical mind as it uses logic, organization, and structure to work and is often highly resistant to new ideas that potentially threaten its logic. By providing a thoughtful, observational structure, thoughts are drawn out on a subject, and writing them down creates a record to refer to when needed. Once written, you have the opportunity to ask yourself how you’d like to respond and what might happen if you changed your behavior.

What is the way to use these journal prompts?

Each series contains 30 entries, perfect for one a day if you desire. Or do them a couple at a time, or every other day, or any schedule that suits you. There’s no right or wrong way. These journal prompts are meant to make you aware and observe your behavior when confronted with certain situations. By being aware, you then have a chance to change if you desire. You’re totally in control.

What type of ideas will I be reading and writing?

The entries have been developed by a thought-provoking quote that's been made by successful, impactful people or is centered around ideas that are grounded in improving the way you live and think.

They are meant to bring out your responses and beliefs. As you become aware, and decide to actively adopt different thoughts and actions, you may turn to them again in a few months and update the information as you've mentally grown.

How will I know it's working?

It's not a case of working or not working. This course is highly personalized and meant as a jumping board to reflect on who you are right now, why you think or behave as you do, and then make a conscious decision as to whether you want to continue how you are or do something different. If you do something different, you'll be growing and improving, and your life will transform as you'll be coming at it from a new viewpoint. It's up to you how to proceed.

Can I use these when working with a life coach or social worker?

Absolutely! If you are working with a life coach or social worker, the Mind Thoughts journal courses are a particularly effective tool to enhance and speed up the change process as these courses engage self-awareness and observation leading to transformational personal change.

Is this right for me?

If you enjoy journaling and are looking for ideas for self-growth and bettering yourself, this course will be great for you. The courses allow you to slow down and dig into your inner mind giving you a chance to learn more about yourself and your inner thinking. Once written down, it becomes an opportunity to change what you think about an idea and eliminate or significantly decrease inherited or personal beliefs around a situation or concern.

How do I Gain Access to the Course?

The access details will be emailed to the email address you provided immediately after purchase. At that point, the pdf file can be downloaded. Please allow at least 10 minutes to receive the course in your email.

If you have any additional questions, please let us know by emailing us at info@masterjoyandsuccess.com. We'll answer your questions as quickly as we're able to.