

BEATJOURNAL

Stream of consciousness writing, adapted from Julia Cameron's Morning Pages

A BeatJournal involves writing two pages of longhand, stream-of-consciousness text, first thing in the morning. While the primary goal is awareness and to get our stream of consciousness out of our head and onto paper, it can also help with mental clarity, creative expression, emotional release and problem solving.

THE KEYS

Set a Routine: Aim to do them first thing in the morning, before any chores, work, or other interactions.

Frequency: Aim for the same time each day. If you do skip a day commit to never skipping two in a row. Even writing just a single line is better than breaking the routine.

Format: Use longhand writing is preferred, when possible, as it connects more intimately with thoughts and offers more depth than typing or bulleted points.

Write Freely: There is no wrong way to do BeatJournaling. Let your thoughts flow without judgment or editing. Whether negative, fragmented, or seemingly trivial, all thoughts are valid for your BeatJournal. If you can't think of anything, write "I can't think of anything."

Length: Aim for two pages. This length is significant for pushing beyond superficial thoughts. This should take you between 10 to 15 minutes.

Privacy: They should be for your eyes only. Use a password protected app whenever possible or keep your physical journal locked away. Never show the actual contents to others. If you want to share something copy it into another app/paper to share. This is so your subconscious feels free to be completely unedited.

No Reviewing: It's recommended not to re-read your pages, especially for the first 3 months of practicing.

Persist Through Resistance: If you find the practice challenging or unappealing at first, persist. Often the more challenging and resistant we find ourselves, the better the rewards.

App suggestions: Note-shelf 3, Apple Notes, OneJournal.