



POWERHOUSE JOURNALING GUIDE

TO MANIFEST YOUR DESIRES, SUCCESS AND A LUSTROUS LIFE



HANNA FITZ

“If you’re serious about becoming a wealthy, powerful, sophisticated, healthy, influential, cultured, and unique individual, keep a journal.”

- Jim Rohn

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Hi Lustrous Pearl,



I am Hanna Fitz, an international brand strategist and business coach for brilliant women who have a desire to turn their knowledge, expertise, and gifts into a global luxury brand online.

I grew up on a small island but I always knew that I was meant to work with clients all over the world. It can feel difficult to see how your dreams can happen when you live on a small island with a population of 174,000 people.

I moved abroad for my education and later also moved to Milan, Italy consulting for Italian brands. I truly believe that a woman can culture her life and though it requires hard work, strategy, investment, commitment and discipline to build a successful brand, journaling has been instrumental in manifesting my desires.

At first, it was a way to record great lessons

I was learning in life from movies, spiritual teachers, philosophers, and entrepreneur. Later it became a way to record my own ideas, process challenges, and set intentions. My journaling practice has evolved over the years and has continued to be a beautiful experience I create for myself every day. I love it.

Today I run an international brand online and reach thousands of women every day who are part of my community and programs. I have traveled to over 130+ cities around the globe and have manifested, and continue to manifest many experiences in my life that were just a dream. Writing is therapy. Writing is bliss. Writing can recreate your reality.

There is something about writing down your desires that makes it real. Seeing it on paper in print, causes you to take action to make it real. Journaling according to the Merriam-Webster dictionary, "a journal is a record of experiences, ideas, or reflections kept regularly for private use."

Judy Willis MD, a neurologist says, *"The practice of writing can enhance the brain's intake, processing, retaining, and retrieving of information... it promotes the brain's attentive focus ..."*

Some of the key benefits of Journaling are:

ACHIEVING YOUR GOALS

When we write our goals, it signals to the brain that it is important. A professor at a university in California gathered 267 people and divided them into two groups. Those who wrote their goals and dreams and those who didn't. It was found that those who wrote their dreams and goals on a regular basis were 42% more likely to achieve them.

FIND ANSWERS TO PROBLEMS

Usually, we use our left brain (the analytical side) to try to solve our problems. However, tapping into our intuitive and creative right brain can reveal new and more successful solutions we would not ordinarily think of. Journaling creates the space to do that.

DEVELOPING DISCIPLINE

One of the major causes of failure is the lack of discipline. Creating a regular habit of keeping a journal will help you become more disciplined and focused on your life and business. How you do one thing is how you do everything. Developing the habit of journaling will extend the benefits of being disciplined in other areas of your life.

INCREASE SELF-CONFIDENCE

When you write down your positive experiences, your brain is activated in a way that it is reliving that experience. Being able to focus on positive experiences increase self-confidence. On the other hand, when you journal negative experiences, you allow yourself the opportunity to heal, find forgiveness, see the silver lining and where you are being too hard on yourself. This process of introspection and celebration can be life-changing.

HEALING

A [study](#) from 2013 found that 76% of adults who spent 20 minutes writing about their thoughts and feelings for three consecutive days two weeks before a medically necessary biopsy were fully healed 11 days later.

There are various ways to journal to create your lustrous and successful life and I will share them with you in this free guide. First I want to share with you what some of the most famous entrepreneurs and global brand names have to say about journaling.

POWERHOUSE JOURNAL KEEPER TECHNIQUES REVEALED

JOURNALING GRATITUDE

OPRAH WINFREY

Is well known for keeping a gratitude journal. In an article on her website, she stated

"...I started using journals to express my gratitude—and watched my blessings multiply. What you focus on expands. Now I do a combination of gratitude and trying to give some perspective to whatever I'm writing about..."

Read and view her journal entries at -[Oprah.com](https://www.oprah.com) As one of the most successful self-made women in history, I think we can all take a page out her book, in terms of cultivating positive daily habits.

EMMA WATSON (Actress)

"I love the idea of starting my day by listing three things I'm grateful for. And going to bed thinking about the three amazing things that happened in the day. I'm a big believer in the transformative practice of gratitude."

- Source: [Vouge.com](https://www.vouge.com)

TAKEAWAY

- Journal as therapy to clarify thoughts, process thoughts, ideas, and even vent.
- Journal to express your gratitude every day so that your blessings multiply

ALBERT EINSTEIN

Einstein is well known for his famous contributions to science. He was also an avid journal writer. He kept different kinds of journals:

1. A work journal
2. Travel and Leisure Journal

TAKEAWAY

- Keep a journal for your professional life, creative ideas and products.
- Keep a personal journal for your personal life and travels.

**"You can write
your own story."**
-Hanna Fitz



JOURNALING TO CREATE YOUR LIFE

BRUCE LEE

The world's most iconic martial artist was a journal keeper. Early in his career, he encountered the racial biases of Hollywood. He was told that an Asian would never play a leading man in a movie. He never gave up and journaled to rewrite the story that he desired to create in his life.

He was a person who was very intentional about what he wanted to create in his career and life. He used his journal to write out his vision for his life and it appears that he was using the Napoleon Hill formula from Chapter two of the famous book, Think and Grow Rich. You can see his [journal entries on this website](#).

He had a deep desire for personal growth and improvement and was always putting his thoughts on paper. He also used his journal to write out positive affirmations to reinforce areas of his life and personality he wanted to master. For example, he wanted to have a great memory because he understood that it was important for his success. He wrote out an affirmation for this.

His journal entries ranged from affirmations, philosophy, poems and training routines. He carried it with him everywhere. Several websites state his net-worth to be \$10 million. The power of intention.

Napoleon Hill has a six-step formula which is very similar to how Bruce Lee wrote out his desire and manifested it. You can access this by reading chapter two of the book Think and Grow Rich. If you don't own it, get it on Amazon. Some of the most successful people in the world have called it a life-changing book.

TAKEAWAY

- **Write out your vision and what you desire to achieve in your life. Have a definite aim, dates and even the amount of money you want to accumulate. Keep a personal journal for your personal life and travels.**
- **Write out positive affirmations to enhance key areas of your life where you may feel is a weakness that needs to be mastered for your success.**

JOURNALING TO TRACK THE DAY

BENJAMIN FRANKLIN

Every day he started by asking *"What shall I do this day?"* and ended the day with *"What good have I done today?"* He also made a list of 13 virtues for his life.

He created a tracking table and would put an asterisk every time he violated one of the virtues. This allowed him to keep track of his progress and reflect on ways to improve.

While many people may feel that having a structured routine is boring, Benjamin Franklin believed that you should *"Let all your things have their places; let each part of your business have its time."*

This is why he created a daily schedule in his journal. See below image.

The morning question, What good shall I do this day?	5	Rise, wash, and address <i>Powerful Goodness</i> ; contrive day's business and take the resolution of the day; prosecute the present study; and breakfast.
	6	
	7	
	8	
Evening question, What good have I done today?	9	Work.
	10	
	11	
	12	
	1	Read or overlook my accounts, and dine.
	2	
	3	
	4	
	5	Work.
	6	
	7	
	8	
	9	Put things in their places, supper, music, or diversion, or conversation; examination of the day.
	10	
	11	
	12	
	1	Sleep.
	2	
	3	
	4	

Source: ["The Autobiography of Ben Franklin," Part II, page 40](#)

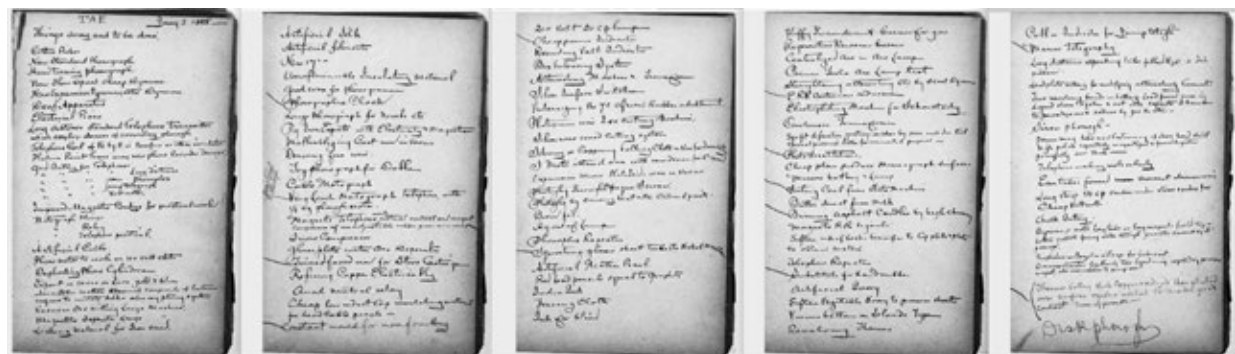
JOURNALING FOR INSPIRATION AND IDEAS

THOMAS EDISON

Thomas Edison is the fourth most prolific inventor in history. He was also a prolific journal writer and had over 3,500 notebooks that were discovered after he passed away in 1931. His "ideas books" had to-do lists and sketches. He kept a journal recording every step of his journey to creating his many great inventions. He also kept a journal for his personal life.

He would also become famous for his five page to-do list of *"Things doing and to be done"* written in 1888. He was ambitious and gave himself permission to produce more than everyone else. He also understood that the more you produce the more you increase your success rate.

Not every song written by Michael Jackson was a hit but he produced enough songs to leave the world with many hits. He also demonstrated that how you do one thing is how you do all things. He was prolific with journaling, creating and producing.



Source: [Rutgers University](#)

This was the same year he executed 45 patents proving that writing your goals is a powerful way to manifest them.

LEONARDO DA VINCI

Known as the renaissance man, Leonardo da Vinci kept journals where he recorded all his creative ideas, inventions, musings, and sketches. More than 80,000+ pages over his lifetime.

JIM HARRISON

The famous American writer said *"Your subconscious mind is trying to help you all the time. That's why I keep a journal- not for chatter but for mostly the images that flow into the mind or little ideas. I keep a running journal, and I have all my life, so it's like your gold mine when you start writing."*

TAKEAWAY

- Set ambitious goals that stretch you to take prolific action, creating more than everyone else so that you can have more success than everyone else.
- Your subconscious mind is trying to help you. Writing and allowing yourself time to take into your creative right brain is a powerful process.

JOURNALING FOR TRANSFORMATION

ROBIN SHARMA says *"The starting point of discovering who you are, your gifts, your talents, your dreams, is being comfortable with yourself. Spend time alone. Write in a journal. I write in a journal daily. This extraordinary ritual has revolutionized my mindset, transformed my heartset, and generally influenced my life exponentially."*

GETTING STARTED WITH YOUR JOURNALING PRACTICE

STEP #1 - Setting Up Your Journaling Ritual

Determine when and how often you will journal and stick to a routine. Journaling is like working out, you need to be consistent, create a routine and practice, because the ability to master it, can change your life.

How many days a week will you journal?

Will you journal in the morning, night or both?

Also, write out the time and put it in your calendar app on your phone with an alert. Being committed and disciplined with this ritual will create greater commitment and discipline in other areas of your life.

Where will you journal?

(Do you prefer to be in bed or in a nice quiet spot outside?) Create a peaceful or tranquil journaling space that inspires you.

Do you need a stimulus like music while journaling?

What kind of music will you listen to while journaling? I have a playlist on Youtube that I have created for my practice. Find the type of music that will inspire you and bring you joy during this beautiful time that you will gift yourself.

STEP #2 - Clarifying Your Intention for Your Journaling Practice

So much has been written about the power of setting an intention. Actions lose their power when there is no clear intention which is driving it. Before you begin your journaling practice, set a clear intention on why you are doing this and what you desire to achieve from it.

Why are you keeping a Journal?

What do you hope to achieve or create doing this?

What type of journal will you be keeping?

E.g. I keep one for ideas and insights and another for gratitude.



STEP #3 - JOURNALING MUST-HAVES

VISION

I recommend you use the first page of your journal to write your vision or create a vision board by sticking photos inside your journal. This way when you open your journal you are being reminded daily what you desire to accomplish. This can also be a 90-day vision or goal or even your life vision.

GRATITUDE

My parents used to say *"count your blessings, name them one by one."* It's so important to look back and see the things that are going great, the little daily improvements, new opportunities or events that we can miss. Use your journal to count your blessings.

DAILY PERMISSION

I was working with a coach and one day she said, *"the only difference between a person who is living their dream and the one who is not, is permission."* One person is giving themselves more permission to have what they desire and create success. It is important to everyday clarify and set an intention on what you will give yourself permission to have, be or do.

PROCESS

Things aren't going as you desire or you are feeling down; journaling is a great way to get some perspective. Often we are being too hard on ourselves or fail to see the other side. I like to ask the question *"What is the opposite of this situation or feeling?"* *"Now what needs to happen for me to get there?"*

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