



WHERE DO I START

Right where you are. Congratulations, you've taken the first step by showing up!

Breathe, stretch, shake, let it go. This is a marathon, not a sprint. This is a learning process. There will be trial and error. One day at a time.

1. Play around on the CC member page to see all the goodies included in your membership.
2. Read through the Welcome Packet. Oh hey, you're doing that now! Woohoo!
3. Collect the things you will need to get started on your journal.
4. Set some time aside in the beginning to devote setting up your journal. Once you get going, chances are you'll spend 10-30 minutes per day on your journal.
5. Download each month's Collective. You'll find the current month's Collective waiting for you on the first of the month.
6. Start working through the current month's Collective. You have a month to look at just this one thing with the community, so think about more than the journaling, but applying these principles to your everyday life.
7. Check out the Resources link on the CC member page for additional support and resources.
8. Join the private Facebook group for conversation, community, and current month information. Let us know how it's going and what you're feeling. How is this transition for you?

1. Connect through Pinterest and Instagram for even more resources and inspiration.

Tips on journaling:

- Don't make it complicated. The focus is on doing it. Get something on paper and go from there. You'll eventually find your groove and style.
- Be flexible and give yourself grace. You will go through different seasons when you write more or less or have to change things up. That is perfectly fine and why I set this up as a "print-as-you-go" journal: flexibility.
- Add journaling to your daily rhythm and stick to it. This way it becomes a habit (that you look forward to!) and not a chore.
- When possible, create a relaxing environment for journaling to be still, listen, and let your thoughts flow.
- Use your journal as you see fit. If you don't want to share your journal with anyone, great! If you do want to share some of your thoughts with trusted friends and loved ones, great! If you want to share it with the world, great!
- This journal is about you, and it's for you. It really, truly should have your roots and soul, so don't put form over function. Besides, if you really screw up, you can always recycle that page and print a new one. If you get in a habit of not being real within your journal, it's not going to help you as much as it can.

You are history in the making!

