

PROFOUND  
*Growth*



## **Tell Your Story of Passion, Purpose, Leadership, and Relationships**

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# Introduction

Do you want time to reflect? Gaining insights that can lead to the desire to change and experiencing profound growth? Develop a journaling practice so that you can reduce stress, clear your mind's worries, and free up resources in your brain.

**Reduces Stress.** An overabundance of stress can be damaging to your physical, mental, and emotional health. It's proven. Journaling is an incredible stress management tool, a good-for-you habit that lessens impact of physical stressors on your health. In fact, a study showed that expressive writing (like journaling) for only 15 to 20 minutes a day three to five times over the course of a four-month period was enough to lower blood pressure and improve liver functionality. Plus, writing about stressful experiences can help you manage them in a healthy way. Try establishing journaling as a pre-bedtime meditation habit to help you unwind and de-stress. And you don't have to do it three to five times a week. Or for 15-20 minutes. Start small and see the impact it has.

<https://intermountainhealthcare.org/blogs/topics/live-well/2018/07/5-powerful-health-benefits-of-journaling/>

The study showed that the act of expressive writing can **clear your mind's worries** and **free up resources in your brain** that could be put to use on other tasks.

<https://psychcentral.com/lib/the-health-benefits-of-journaling>

"Journaling is one of the neurotransformational coaching activities that my clients enjoy as a practice and combined with coaching creates breakthrough results."



*Ursula*

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# Getting Started

Let's get started. Grab your favorite writing materials, a beverage, and a time and place with no interruptions.

Here are suggestions for a better experience.

- Write with no judgment. Let your words flow and don't edit or censor yourself. This is your mind, heart and spirit answering in deep ways what wants to come to the surface. Let it flow.
- If nothing comes, write anyway. Write that nothing is coming and what that feels like. Journaling is not writing a to-do list. It is expressing your emotions, dreams, fears, obstacles, limiting beliefs and worries in a way that is authentic and true. When you do this, stress gets reduced because you name the emotion" and you become more of an observer of your experience instead of being swallowed up by it. (see Introduction studies)
- Take a minimum of 5 minutes per journal prompt, go longer if you feel inspired. Or skip a journaling prompt if it doesn't resonate or nothing rises to the top. This is your journal and you get to use in a way that feels light and right for you.
- Better to write on paper rather than the computer. This accesses a different part of your brain than when you type on a computer. This area focuses on self-reflection and creativity.
- Journaling on paper becomes an embodiment of the experience by adding doodles, colors, etc. for a rich experience.

## PROFOUND GROWTH PATH & PROCESS

The following pages have four areas of focus and journaling prompts. These four areas are part of the Profound Growth Path and Process: Impact Culture, Strengthen Relationships, Forge New Pathways, and Live and Lead with Passion and Purpose.

Note that the journaling prompts per focus area are all on one page so you can easily print them if you wish.

# Impact Culture



Your presence creates a ripple effect that will impact the culture of the “system” you are part of.

Think of a family system. Each member has their own values, strengths, and challenges. It takes awareness, courage, and resilience to have the impact you want.

When you explore organizational and team cultures, what surfaces from below the water line can result in healthier communication, more effective actions, and stronger connections across all stakeholders.

**Hire great people and give them freedom to be awesome.**

**– Andrew Mason, Founder, Groupon**

## What is the impact and ripple effect that you want?

If you could create anything in terms of culture (organization, family or any system you are in) what would you want to create?

What is the ripple effect you want?

What are your strengths and values that are a contribution?

What limits do you believe you have that are a challenge to the culture?

How do you create connections?

What is a fun way you celebrate with others?

# Strengthen Relationships



It takes a village to raise a child and it takes strong and healthy relationships for us to be at our best.

Sharing how we feel lessens stress and brainstorming with others makes us smarter because we start “extending our mind” according to author and researcher, Annie Murphy Paul.

We can find more innovative solutions and get “reality checks” when we are with other people we respect and can rely on. Then all our light bulbs of learning and awareness will go on!

But therein lies the challenge. We need to know ourselves first and seek out people who are willing to look within, learn and be authentic.

**It is not our purpose to become each other; it is to recognize each other, to learn to see the other and honor him for what he is.**

**— Hermann Hesse**

## **Are your relationships strong, healthy, and serving you so that you can be your best?**

Which relationship(s) are contributing to your life, your energy and your well-being?

Which relationships cause you anxiety and stress and therefore deplete your energy?

Who in your life helps you to be creative and to be your best? How do they do this?

What is the relationship you have with yourself? Do you talk to yourself lovingly or with judgments?

How do you see and honor others and yourself?



# Forge New Pathways



Thoughts, actions, and beliefs all create habits and if done over and over again build super highways that sometimes can be very hard to change.

In order to change we first have to become aware of what we have built. Is it effective? Is it ineffective?

This can be the light that goes on. And from there we can choose what to start building instead. It's like a renovation project for your mind that impacts all areas of your life.

**You're braver than you believe, stronger than you seem, and smarter than you think.**

**- Winnie The Pooh**



## What new pathways will support you? Which don't?

Imagine you could be anything, learn anything, change anything – imagine there are no limits to your potential.

What does it mean to me that my potential is unlimited?

What would I create and who would I be if I believed that?

How would I express and voice my potential?

What is one change I would make?

# Live and Lead with Passion and Purpose



Leading with passion and purpose requires discovering and reflecting on what you value, what is important to you, and what you are truly passionate about.

There is no one size fits all. It's a very personal journey - a quest if you will. It's as much about looking towards the future as it is knowing what has delighted and inspired you in the past.

This is about you - and you alone. No one gets to decide what you "should" do or be.

**Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.**

**-Rumi.**

## What do you need to live and lead with passion and purpose?

Imagine that you can live with passion without any constraints or judgment.

As Rumi says – when you feel the pull of what you really love:

What do you really love?

What are you pulled towards?

What is stopping you from answering the pull?

What does it mean to you “to follow your heart”?

What is it you do NOT want?

## Reflecting on what you journaled, what do you know you didn't before?

What are you noticing in terms of how the answers feel and how it felt to answer the question?

What emotions come up in terms of these answers, when you reflect back?

What surprises have come up?

What do you want to celebrate or overcome?

Is there an action you want to take?

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**Discover Your Next  
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