



NAME OF EXERCISE	JOURNALING		
SOURCE	This exercise was adapted for the Game of Change by the Game of Change project team based on the Presencing Institute's template. In addition, the "morning pages" method was used, described in the book "The Artist's Way", J. Cameron		
USE IN GAME-PHASE	Arrival and introduction to the game Getting into the game	During the game After the game	
DURATION	Depending on the variant, at least 5 minutes		
PARTICIPANTS	All participants of the group; any number; also individuals		
PURPOSE	Free associative writing reduces censorship in one's own thinking and strengthens contact with intuitive perception. The method can be used to open the channels of association and intuition in general, or to explore a specific topic.		
SHORT SUMMARY	This exercise invites participants to write on a given topic without thinking beforehand. The results of the writing can be shared/reflected on with the group or reflected on personally.		
LIFECOMP - COMPETENCES	P1 – Self-regulation P2 - Flexibility P3 – Wellbeing	S1 - Empathy	L1 – Growth Mindset L2 – Critical Thinking
USES & OUTCOMES	● Intuitive layers become perceptible and clearer. ● All topics that need to be considered in an introspection can be accompanied by journaling. ● Unbiased personal truths are expressed. ● Helps to open the mind (open mind) as a basis for engaging with “not knowing”. ● With more frequent use: A simple and not time-consuming practice for connecting with the inner basis can emerge that can be integrated into one’s own life. ● With more frequent use: Trust in the intuitive levels is strengthened, “not knowing” is more easily accepted and perceived as less threatening.		
ROOM REQUIREMENTS	Quiet place to write.		
PREPARATION / MATERIALS	Decision on the topic, the duration and the extent of writing. There are various possibilities: ● Set a time. Tend to be short (2-3 minutes) to maintain the access of “not thinking”. For more comprehensive topics, the duration should be adjusted accordingly (10-15 minutes). ● Set a number of pages (1-2 pages).		



	Materials: Paper (preferably a notebook dedicated to journaling as a method) and pen.
INTRODUCTION	Explanation of what journaling is The journaling method is based on the idea of letting your hand guide you when writing. In contrast to the classic concept of "thinking first, then writing", journaling aims to put the pen to paper immediately and start writing. Principles ● Let yourself be guided by your body/by the writing hand ● Don't think first and then write, but let the words come through writing ● Trust in the experience with a curious attitude



SEQUENCE OF STEPS – DESCRIPTION	
STEP 1	Briefly describe the exercise and its purpose. (See INTRODUCTION) Inform the participants about the duration/extent.
STEP 2	Introduce/outline/remember the topic. Possible examples: • At the begin of the Game of Change; to introduce Journaling, you can ask these four questions: Why am I here? What brought me here? How am I feeling physically and mentally? What are my highest expectations for the process? • During the game: Changes in my life: What changes are currently taking place in my life? How do I feel about changes? What is easy about it? What is more difficult about it? • Attune to the role in the Game of Change: After drawing the role card, read the text and use it as a topic for journaling.
STEP 3	Participants put the pen on the paper and write.
STEP 4	Stop the activity after the scheduled time. Pay attention to the group and stop when it seems that the majority of the group has finished the intuitive mode.
STEP 5	Information that what is written is not to be understood as an answer to the questions. We may be able to get information from it. An important value of journaling also lies in the quality of empathy with the topic. Therefore, it is not necessary (but possible) to read what has been written again.
REFLECTION	Invitation to exchange experiences while writing and the effects of the writing process (How do I feel now? What has changed/moved within me?) - voluntary participation.
TIPPS	We highly recommend to use Journaling regularly during the game • To reflect on upcoming thought and feelings • To take notes on experiences during the game • To take notes on new ideas You can bring with you one Journaling-booklet for every participant at the beginning of the Game of Change.