

# YOUR GUIDE TO REBEL JOURNALLING



About the author

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**SASHA GLASGOW**

## WRITER, DOUBTER, DOER.

Sasha classes herself as a writer, doubter and doer. Even though she's been writing in some form from the age of eight, she only started calling herself a writer last year - a rebellious act against her self-doubting nature. She's an avid journaller and lover of words, who wants to use them to challenge the negative narratives that women can have about themselves. She does this through what she calls #RemindHers. Little notes of thought dotted around the internet to remind women (including herself) of what has always been there: the core things within us that light us up and guide us towards the lives we want to live. The things that can be shrouded by responsibility, should's, engrained narratives and self-doubt.

Through her email letters, journalling workshops, podcast and Instagram #RemindHers, she documents her journey as it unfolds, unlearning self-doubt, tuning back into self-trust, and living this new creative multi-hyphenate life she has finally given herself permission to pursue. Her hope in doing so publicly is that each step proves to be small, powerful #RemindHer to those who come across her words, in their own lives."

You can find out more about Sasha, her words and work through her Instagram (@frankandfeel), website ([www.frankandfeel.com](http://www.frankandfeel.com)), and the podcast (search 'This Is Your RemindHer' wherever you listen).

# IT DOESN'T HAVE TO BE PERFECT.

## ONE: THE SIMPLE SCRIBBLE

My first tip would be to scribble on the page. This is particularly helpful if starting a new journal or notebook and you have the 'blank page' fear. It doesn't have to be big, it's just a symbol that signifies that it'll likely get messy round here. So let's get it out of the way and get on.

## THREE: THE BIG QUESTION

When I don't know what to write I ask a question about what I've been writing about at the end. I then used that as the starting point for the next time I journal. Sometimes time brings a different perspective or I meet myself in a different mood about that same thing. Sometimes I ignore the question when I come back! Sometimes it's helpful, others it's a distraction or I've nothing to add to that conversation that day. it's your journal, you decide.

## TWO: INCONSISTENCY

This second tip invites you to embrace what consistency looks like for you. Don't write every day if you don't want to. I don't. It's not about keeping up with a streak. It may seem imperfect not to do so, but journalling and hearing your own thoughts isn't something that should feel like another to-do list item, because who needs any more of those?

## FOUR: FIND A MUSE

The words don't always have to be your own. Sometimes we can't find the words and at times like these I turn to song lyrics or a quote or passage that has caught my attention. I use them as starters, and then let the pen continue. I have found this so useful in the past. Imperfect? Maybe. But the words of others help me to excavate my own and it's that not the how that matters most.