



Journaling & Graphotherapy

Write now with Aditi Surana
Free Anti Anxiety Journaling Workshop

DAY 15



Hello goal 'setter's,

Thank you so much for being on board. Some days I wake up feeling so inspired by the movement that we are becoming. The movement that is built by movement of your handwriting stroke, one stroke at a time. We are in the midst of this quarantine situation and we are building this reservoir of calmness that we can tap into, when we step into a new 'normal' post this lockdown. Arundhati Roy wrote, 'Historically, pandemics have forced humans to break with the past and imagine their world anew.' I sense that is applicable on a global as well as personal level. The time is now. Time to look at, what exactly are we trying to achieve by all these goals that we set out for. Why do you feel desolate after achieving some milestones that were supposed to bring us joy?

I haven't come across anyone who has built a joyful, fulfilling life without being intensely involved in it. Luckily there is no right or wrong way of doing it. Your way is the way. You only keep looking for 'mera wala blue' - your favourite shade of blue in the entire palate. This is one of the predominant reasons why most people feel disappointed in the goals that they set. They do not ask themselves this simple question - **What aspects do I wish to experience in my life right now?**



Why should you choose to make an aspect list over a list of goals?

- You tend to pursue ideas and keep saving the experience. The process, the journey, the failures and the success, actually all of it becomes so enjoyable that you feel completely immersed in the experience. Have you met scuba diving enthusiasts? Have you observed how mesmerised they are while narrating every single moment of their journey?
- The aspect can be fulfilled in more than one way. Many people have told me how traveling around the world is their hobby or a significant personal goal. I ask people what aspects are they trying to fulfill with that desire? Exploration, adventure, novel experiences, cultural voyage. Now these aspects can be fulfilled through an actual travel experience and also through many local experiences. However, instead of being in the process of savouring these available aspects most people spend their time - waiting, sulking or dragging their feet.
- Generally, we put all the pressure on one goal/ career choice hoping it will fulfill all our needs. With an aspect list approach in mind, we can engage in multiple projects, be part of diverse social groups or even explore many different online courses to build our skillset to fulfill our aspect list.

