



C Journal Four-Part Workshop Series

Have you ever thought “I don’t have time to prioritize my schedule!” or perhaps “Why plan when things change anyway?” or “Is this it?” If you’ve felt any of these then a C journal could be your new best friend.

A C journal is:

- Part planner
- Part sketch page
- Part journal

It’s your catch-all to bring meaningful productivity, creativity and the science of human optimization to your life. Think of your C journal as your analog home for your digital world.

A blank journal can be daunting, but it doesn’t need to be! Learn the ins and outs of how to make a journal work for YOUR life, not someone else's.

The best way to learn is to see over time what works for you, what doesn’t, and what you maybe didn’t even realize. That’s why we’re going to meet via Zoom four times over five weeks so you can start your 2021 with an intentional bang! (Don’t worry, the Zoom meetings will be recorded for all!). Spots are limited in order to give everyone the opportunity to be heard, ask questions, and get answers.

Sessions

Session 1: Getting Your C Journal Going

Saturday, January 2, 2021 10:00 AM - 1:00 PM EST (with energy breaks!)

This session sets the stage and gets you started on creating your own C journal. You'll finish the session with the basics of your journal ready to complement your intentional 2021.

Session 2: Setting A Theme

Saturday, January 9, 10:00 AM - 12:00 PM EST

I'll answer your questions and we'll reflect on how your first week went with your C journal. From there, you'll create a theme (also referred to as a guidepost) for your year.

Session 3: Planning Your Time

Saturday, January 16, 10:00 AM - 12:00 PM EST

We'll reflect on the week, how your theme is helping you spend your most precious asset (your time!), and how to plan your time with intention.

Session 4: Making Confident Choices

Saturday, January 30, 10:00 AM - 12:00 PM EST

After a one-week break mid-month to dive deeper into our C journals, we reconnect to reflect on making your C journal work for you. We'll build on your theme and create some personal policies so you're consciously and confidently making choices for your C journal and your life.

Financial Investment:

\$121. (\$21 will go toward a COVID charity the group chooses)

Time Investment:

It's up to you! If you're feeling overwhelmed and frustrated or your mind is cluttered, this could be the BEST use of your time for creating the 2021 you want to live.

Facilitator:

Certified Applied Positive Psychology Practitioner, Coach, and Facilitator Kari Gormley (that's me!). I've helped thousands of people around the world create healthier habits by hosting The Flourishing Experiment podcast for more than six years, coaching individuals to achieve their goals, and facilitating Weight Watchers meetings for more than seven years.

FAQ

Who is this for?

The person who is ready to learn how to create a system that works for them, has a can-do attitude, and is open to making changes.

What's included?

Four fun-filled, intentional C Journal workshops! You'll also receive a list of recommended supplies, including Kari's favorite go-to blank journal.

How many people will be in my C Journal cohort?

You and up to 11 others will make up the cohort. The small size will give you the opportunity to learn from others and get your questions answered by Kari in a cozy group setting.

What's next?

Email me at Kari@KariGormley.com to let me know you're ready to get this party started!