

**Here**

**Now**

**Next**

*dynamic journal for creative leadership*

free sample offered by:

OUR ELLIPSES

Living ∴ Learning

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***Words are also actions, and actions  
are a kind of words.***

Ralph Waldo Emerson, “The Poet”

**Our Ellipses invites YOU** to try a two-week experiment in how dynamic journal writing can illuminate and shift your leadership practice.

***Here. Now. Next.*** is a learning process shaped by Dr. Holly Masturzo combining her experiences teaching writing and arts learning to diverse audiences of all ages and hosting community dialogues.

Welcome to the process. Enjoy! And explore.

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# **Welcome.**

Writing in a journal can be a dynamic and transformational process.

Clinical research by Dr. James Pennebaker indicates that people who write over time, even without feedback, both improve their writing skills and fruitfully complicate their thought processes.

Dr. Masturzo's own work with Our Ellipses Learning Partner The Pink Ribbons Project demonstrated how journaling and engaging in arts, music, and movement could contribute to the healing of breast cancer survivors.

Any creation introduces the possibility for growth. *Here. Now. Next.* works to make visible and accessible that process, and to surface the potency of our own power to facilitate the living and learning we most desire.

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## ***How to Use This Journal***

This journal is a ***dialogic journal***. That is, it invites you to place one journal entry in active conversation with another.

Each page offers an initial grounding space, called **HERE**. In this space you “warm-up” your awareness as well as your writing muscles by listing or free-writing about just what is happening in the very moment you begin.

After grounding, you explore the **NOW** by responding to the prompt freely in whichever way feels best to you: make notes, write a poem, scratch out a loose stream-of-conscious paragraph, even draw!

Before moving on to the next step, it can be a good idea to take a break. Some people even choose to do the first half of the process in the morning and the second half in the evening. When you are ready, reread what you have written and deepen your learning process by writing the dialogic entry, called **DEEP NOW**.

As you reflect on what has surfaced in your entries for the day, see if you might be able to set a new intention for yourself, to consciously choose what is **NEXT**. Write it down. Work to live the learning.

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

Trace your hand. Observe all the lines, scars, and marks that accompany you every day; draw those, too. Freewrite memories about your hands, what they have done, what they used to do, what they dream to do yet.

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

Tell a story you have never told anybody. Be simple. Be specific. Release its truth, both beauty and shadow.

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

Consider verbs. They are our language of action.  
List the verbs you like or find yourself using repeatedly.

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

Recall a teaching that was difficult for you, or took you a longtime to “get.” What are the lessons you are still working to integrate?

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

Reconnect with your senses. All of them.  
On which senses do you most rely?  
Which might you often neglect?

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

What did you worry about as a child? As an adolescent?  
As a young adult? Now? Allow yourself to write as closely as possible to the voices of those ages.

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

You know what you most need to write about today.  
Trust it. Do it.

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

Right where you are, visualize the landscape around you. Draw your awareness from your head down through your body, through wherever you are sitting, to the earth. What is the gift of the region where you now find yourself?

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
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## NEXT

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## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

List the months of the year out of order, leaving space between them. Write the experiences, memories and feelings you associate with those months.

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

# HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

# NOW

Where have you experienced the greatest silence?

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

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here help you with what's next?  
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*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

What are the instructions you consciously or unconsciously give yourself? Write them as a list or a recipe for living.

## DEEP NOW

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What surprised you? What might you more fully realize?

## NEXT

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## HERE

*Be present. Jot down all that you are aware of, all that you sense in this moment.*

## NOW

Is there something or some conversation you have left unfinished? What would its completion look like?

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
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## NOW

'May' is a gently powerful word.  
Write a list in which every line begins with 'may.'  
Your list may become an offering or perhaps a prayer.

## DEEP NOW

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What surprised you? What might you more fully realize?

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## HERE

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## NOW

Reread your entries over the last two weeks.  
What patterns have unfolded?  
How have you come through this journey?

## DEEP NOW

Dialogue with yourself. What do you notice in your writing?  
What surprised you? What might you more fully realize?

## NEXT

*How can what you have surfaced  
here help you with what's next?  
Set a new intention.*

*Thank you for experimenting with writing  
for professional and personal growth!*

***Here. Now. Next. Dynamic Journal is part of the  
menu of Learning Programs offered by Our Ellipses.***

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