



Butterfly Diaries



Welcome Packet



Print Name: _____

date: _____

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My Commitment to ME:

This week I commit to

I will remember:

I am precious.

My Dreams & Goals are crucial to pursue.

I Matter.

This I know in my heart.

Therefore, I commit to:

*Making time, energy and space
for my Butterfly Diaries this week*

And prioritize ME.

I will be gentle with myself, no matter what.

Signed, _____

date: _____

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Butterfly Diaries Welcomes YOU!

Butterfly Diaries is an exclusive online community, where you will receive support every week through Butterfly Diary pages sent to your inbox every Friday! This Welcome Packet is to help you get started. And starting next Friday you will receive the same packet

What is in your Butterfly Diaries?

There will be a monthly theme. Every week your Butterfly Diaries pages will have reflective or action-creating questions that center around this theme AND these 3 main pillars:

1. Creating a Journaling Lifestyle
2. Emotional Growth
3. Life Strategizing & Planning

These 3 pillars are crucial in moving YOU forward towards creating a life that you want and love!

Inspirational Quote of the Week:

"Taking time to do Nothing, often puts everything into Perspective."



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What are your Intentions & Commitment here?

I am SO thrilled you've decided to join us and put your SELF as a priority! What are your intentions in signing up for Butterfly Diaries and what are you committing to? The second page in this packet is the Butterfly Diaries Commitment. It's important to know what we are committing to so we know where we're going and why.

What are your goals or intentions for Butterfly Diaries? What do YOU commit to?

So, how do you write your Butterfly Diary pages?

First of all, there are absolutely no rules to how to go about writing your diary pages. Truly! Initially, you can experiment with what works best for you. You can fill in the pages digitally on your device on a PDF. You can print out the pages and write them in by hand. You can print out the pages and paste them in your journal or scrapbook and answer the questions separately in your journal book. Whatever feels best to You!

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Share, Support & Inspire ~ Join us on the inside!

Last but not least --- here is where you can find all the delicious goodies and scoops -- that is, nuggets of inspiration and support for one another as we do our weekly diary pages. This is where you can throw in thoughts or questions or things you are struggling to figure out day to day. The amazing thing about this community is each of YOU. We are here for You and each other! We will be convening in this exclusive community online. I can't wait to see you on the inside!

Mighty Networks is an easy app to download and use on your phone or tablet or on your computer. Go here to find us:

---> www.journalingsisters.mn.co <-----

I also want to be aware of all the introverts out there -- hey, I am too! And I know sharing can feel hard sometimes. Just remember that what you have to say is important. It is unique only to you, and we all can learn from it. It does not have to be a deeply vulnerable thing-- whatever small thing you'd like to share is deeply appreciated!

I am so proud of you...

You've got this. I, and the Butterfly Diaries community, is here behind you and with you as you figure out creating the life you truly love.

XO,



Shuan, Creator of Journaling Sisters



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Butterfly Diaries

Guidelines:



DON'T:

Don't spam, promote, or troll.

This community exists to help move all of us forward in our lives. It's not a place to spam, promote your services, or bully anyone else.

Don't discuss politics.

We are living in an interesting time right now and we may have different opinions about current politics. That's totally fine. As long as you agree with the other guidelines here and want to be a supportive journaling sister, that's all that's required! But we won't be discussing different political viewpoints here.

Don't share Butterfly Diary pages with others outside of the group.

This is a membership community that you have purchased to be a part of because you value the experience enough to pay for it. If you know someone who would love to join but is struggling financially please let me know, and I'd be happy to send them a sample diary pages.



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Guidelines:



DO:

Be supportive, not critical. Encourage and support your fellow journaling sisters. I understand that constructive criticism and wanting to provide helpful advice can be a fine line at times. We are certainly not here to judge or look down upon anyone. This is a nurturing space for us to boost each other's spirits and provide helpful suggestions or recommendations.

Sharing your stories & struggles can inspire others.

It can be easy for us to underestimate our significance and forget what a difference our stories can make to others. Your stories and experiences can inspire or uplift someone just when they need it. That said, you only need share whatever you feel comfortable with.

Keep it confidential. This is a sacred, safe space that we are nurturing here and that means that everything shared is confidential and meant to stay in this space only. Having the extra safety of knowing that what's shared here stays here encourages folks to share more openly and easily.

Hopefully, these are pretty straightforward.

Let me know if you have any questions!

XO,

A handwritten signature in black ink on a small, rectangular pink sticky note with a heart symbol at the end.