

; MARGINS



SELF-AWARENESS JOURNAL



A Publication by Marginal
Mind Matters NPC

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1. Introduction

Welcome to the Margins Self-Awareness Journal Program! The point of journaling is to observe our thoughts. Thoughts drive our intentions, intentions drive our actions, and actions shape our lives. By recording our thoughts, we become empowered to identify patterns in our thought processes. If we can see patterns, we have the power to break these patterns and change the course of our lives.

Self-awareness is really important for socially excluded groups. Why? Because we remain unaware of how our minds are conditioned by our surroundings until we actually make an effort to 'see'. Take the feeling of shame, for an example, shame is known as a master emotion because it determines how we live our lives. Shame is the punishment we give to ourselves for the injustice done to us.

The poor are ashamed of their clothes, their homes, and themselves even though they did not choose their socio-economic circumstances. The abused are ashamed of the things that were done to them even though they did not invite abuse into their lives. People of different races, LGBTQ, people with disabilities are made to feel ashamed of who they are and that shame determines how they live their lives.

When we recognize the feelings attached to social exclusion we can translate negative feelings of anger, frustration, and helplessness and the harmful activities we use to express ourselves such as self-

harm, substance abuse and violence and, instead, channel our energies into liberating ourselves, pushing the boundary of social exclusion, and escaping marginalization both internally and externally.

If we don't recognize the feelings attached to social exclusion then the external oppression of social exclusion leads to feelings of inferiority, worthlessness, and being trapped. When we experience these feelings, we become paralyzed by fear and we are unable to escape our social circumstances. The boundary of exclusion becomes entrenched by our own internal suppression.

The Margins Self-Awareness Journal is a tool to record our feelings, break behavior patterns relating to social exclusion, and free ourselves from internal suppression so we can lead the lives we want rather than the lives that were imposed on us. The Margins Self-Awareness Journal Program proceeds through 8 steps and takes approximately 16 weeks to complete but you can make adjustments to the program to suit your unique needs. At the end of the program, you should see how you were shaped by society and how self-awareness can help you shape yourself. Please observe the following:

1. Read the instructions carefully.
2. Approach each step with an open mind.
3. Try to be consistent.
4. If a step doesn't make sense yet, skip ahead but don't abandon the program.

5. There is a quote for each day of the program, it is meant to serve as the support and motivation we wish we could give you in person.
6. Journaling is a small step. Don't underestimate the role of small steps in making big changes in your life.
7. The journey doesn't end at 16 weeks. It is the beginning of a lifelong practice.
8. Good luck!

2. The Margins Self-Awareness Journal Program

Step 1 Day 1-14 Get into The Habit

Margins Daily Quote: Life is like a blank page.

Social exclusion leads to thought and behavior patterns that tend to shape our lives negatively. We don't know this until we actually take note of what we are thinking and how those thoughts inform our behavior and, essentially, our lives. The first step is to counter long-standing thought and behavior patterns relating to social exclusion with a new thought and behavior pattern that is informed by inner emancipation. This means getting into the habit of journaling. The word habit is used intentionally. Journaling needs to be done habitually in order to be effective. If it is not done habitually then you will not learn to be vigilant about observing and changing your current thought and behavior patterns and you will slip back into default mode i.e., social exclusion.

Developing a journaling habit means setting aside a time and a space where you will commit to journaling. You can keep a journal beside your bed and record the day's events before going to sleep or, you could keep your journal in your bag and journal on the way to work or school. It doesn't matter when or how it happens but it needs to happen and it needs to happen consistently.

For some, a blank page can be the scariest thing in the world and this fear can be really empowering- if you let it. A blank page is a metaphor for a new life; a life in which anything is possible. It can be daunting to start writing but the important thing is that, you are not writing to impress or to publish, you are writing out of necessity. You are writing to change your life. You don't need to know what you will write just yet. You just need to know that you WILL write.

For the next two weeks develop the habit of sitting down to journal. Acquaint yourself with your journal and its blank pages. Make an affirmation to write. Allow your mind to dart off in different directions and write it all down. What you write does not need to make sense. If words fail- doodle.

Step 1 Day 2

Margins Daily Quote: I am a work in progress.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 1 Day 3

Margins Daily Quote: All I have to do to get through this day is breathe.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 1 Day 4

Margins Daily Quote: The world won't change for me; I don't need to change for the world.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 1 Day 5

Margins Daily Quote: Pain shaped me but I won't let it define me.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?









HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 1 Day 7

Margins Daily Quote: The only thing between me and my ideal self is time.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?













Step 1 Day 8

Margins Daily Quote: Whatever I need I can give to myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?

			
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Step 1 Day 9

Margins Daily Quote: My love has value and that is why I give it to myself first.

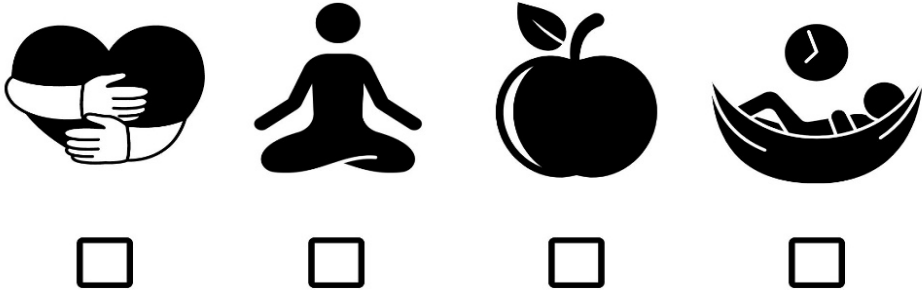
HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 1 Day 10

Margins Daily Quote: My thoughts are the gateway to my future; I will make them grand.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 1 Day 11

Margins Daily Quote: Love is the most valuable currency and I will put it into everything I do.

Step 1 Day 12

Margins Daily Quote: Every day that I am alone I will become best friends with myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 1 Day 13

Margins Daily Quote: Reliable is never letting myself down.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 2 Day 15-29 Life Challenges

Margins Daily Quote: It's hard but I can do it.

In the previous two weeks you would have tried to get into the habit of journaling. What are some of the challenges you encountered in this process? These challenges are generally reflective of challenges in your life. Did you struggle to find time to sit down? Did you struggle to recognize your thoughts or even write them down?

For the next two weeks you are going to list the challenges you encounter every day you sit down to journal. Build a mind map. It may include the following headings:

What is the challenge?

Why are you having this challenge?

What does this challenge say about your life?

When did this challenge arise?

What are some of the things you could do to address this challenge?

How would your life change if you addressed this challenge?

These challenge lists are going to help to train you over the next two weeks to channel your thoughts in a single direction so that you can journal your thoughts effectively. When you have finished your mind map link it to your social exclusion. How many of your challenges arise from your state of social exclusion? How have these challenges shaped who you are as a person? How do these challenges make you feel? What can you do about these challenges? How can you take the life that was decided for you and make it one that you chose?

Build a mind map. It can look like this:

What is the challenge?

For example, you don't have the
time to sit down to journal

*Why am I having this
challenge?*

For example, you have
too many responsibilities

*What does this
challenge say about my
life?*

For example, you may
need to make more time
for yourself.

When did this challenge arise?

For example, you could have experienced a life
changing event such as a new job or the birth of a
child.





*What are some of the
things that I can do to
address this challenge?*

*How would my life
change if I addressed
this challenge?*

Step 2 Day 2

Margins Daily Quote: Pausing is allowed.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?

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Step 2 Day 3

Margins Daily Quote: I don't have to pretend to have it all together if I am falling apart.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 2 Day 4

Margins Daily Quote: I don't need to be grateful if I don't feel like it.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 2 Day 9

Margins Daily Quote: One day I won't need to prove myself.

Step 2 Day 10

Margins Daily Quote: I was made to be different.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 2 Day 11

Margins Daily Quote: If I am hungry, I will feed myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 2 Day 12

Margins Daily Quote: What people do to me has nothing to do **with** me.

Step 2 Day 13

Margins Daily Quote: I can only control how I see myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 3 Day 30-44 The Meaning of Life

Margins Daily Quote: Justice is forgiving myself even when I don't feel that I deserve it.

The last two weeks you recorded the challenges that you encountered while journaling. These challenges would have related to your social exclusion. They may have included time constraints, resource constraints, and even ridicule from your friends or family. In this step, we are going to draw meaning from these challenges.

Read through your journal entries. What do your challenges say about you and your life? What is your life made up of? How much of that is what you intentionally chose? How much of it just happened? What feelings come from these challenges? Which of these feelings are useful to you? Which of these feelings drag you down?

For the next two weeks you are going to record the activities that you engage in. Record the activity and how much time you spend on it. Now, record how much value you get out of this activity. What does it add or take from your life?

Step 3 Day 2

Margins Daily Quote: A friend is someone who loves me almost as much as they love themselves.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 3 Day 3

Margins Daily Quote: People are mean; that's how they deal with their stuff.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?









Step 3 Day 4

Margins Daily Quote: Beauty is a state of mind.





HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 3 Day 5

Margins Daily Quote: On my way to the life I want, I will encounter the things I don't want.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?

			
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Step 3 Day 6

Margins Daily Quote: Power is saying no more than yes.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 3 Day 7

Margins Daily Quote: I cannot choose how people treat me; I can only choose how I respond.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 3 Day 8

Margins Daily Quote: Strength is not permanent; it is a process.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 3 Day 9

Margins Daily Quote: Tears are my soul's way of letting me know that it is tired.

Step 3 Day 10

Margins Daily Quote: Sometimes nothing makes sense and that's okay.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 45-59 Identify Themes in Your Life

Margins Daily Quote: My mind may lie to me but my heart will not.

In the past 3 steps (6 weeks) you focused on your present circumstances. You developed the discipline to journal and you took a look at your life at the present moment but, in order to make meaningful changes you need to interrogate how your life came to be the way it is. In order to do that, you need to identify common themes and you need to trace their starting point.

Use this list of questions to help you record themes in your life (this will help you trace the root of these themes in your life):

What happened today?

What did you think about?

How did these thoughts make you feel?

Do you have the same thoughts often?

Which thoughts were new and why have they arisen?

Which thoughts were old and why are you still holding onto them?

What are some of the themes in these thoughts? For example, do they relate to a specific incident, person, or place?

What are some of the feelings that come up?

Are there any lessons you can learn?

Follow this template for the next two weeks. Social exclusion is normally inter-generational. That means that it is something that didn't happen now but was handed down to you by your parents

and grandparents. Poverty is an example, when generations of people have suffered with poverty a certain mindset develops. Those who live in poverty are shameful of themselves and their circumstances. They have a deep sense of inferiority. Someone who is recently in poverty would not have that mindset straightaway; it will develop over time.

Racial discrimination is another example, feelings of racial inferiority develop over generations and are enforced with systematic oppression. Sexual preference is yet another example, people who are not heterosexual have been discriminated against for generations and have developed a mindset shaped by society's rejection and ridicule.

The point of this step is to observe the events, thoughts, and feelings that arose from social exclusion. When we become aware of how the past (and not just our own past but also the past of our forebears) shapes us then we can empower ourselves to take control of our present and shape it any way we like.

Follow the list of questions (above) for the next two weeks.

Step 4 Day 2

Margins Daily Quote: There is joy in everything if I train my eyes to see.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 3

Margins Daily Quote: Every day I am growing.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 4

Margins Daily Quote: I can't start over; it would be a shame if I could.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 5

Margins Daily Quote: My story is the best one I will ever read.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 6

Margins Daily Quote: I will say, 'I love you,' to the mirror every day because some day I will mean it.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 7

Margins Daily Quote: I will read my words back to myself to see
how far I have come.

Step 4 Day 8

Margins Daily Quote: Did I give myself a hug today?

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 9

Margins Daily Quote: It all seems pointless until I realize that the point is me.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 10

Margins Daily Quote: Self-Acceptance doesn't just happen; it is a habit I need to develop.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 11

Margins Daily Quote: The world will never treat me the way I
deserve that is why I need to be an inspiration.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 12

Margins Daily Quote: I won't *do* good; I will *be* good.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 13

Margins Daily Quote: The cure for my sleepless nights is to be at peace with myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 4 Day 14

Margins Daily Quote: Whatever I did wrong can be made right with the words, 'I am sorry,' I will say it to myself first.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 60-74 Observing Cycles

Margins Daily Quote: Dreams are for fools; I will be a fool.

In the last step you identified common themes in your life. Recurrent themes tend to keep us trapped in cycles of inner struggle and exclusion. Social exclusion shaped how we think and behave; social exclusion shaped who we are. The interesting thing about the cycle of social exclusion and inner struggle is that, while we can choose to escape the cycle at any time, social exclusion and inner struggle work in opposite directions. It is like running **up** an escalator that is going **down**.

Observing the cycle and identifying the root of the cycle will empower us to feel differently about the environment we are in and then the hard work sets in because we have to break the cycle if we want to escape BOTH social exclusion and inner struggle.

If we use the example of poverty again, a woman who was born and raised in poverty may have every capability (intelligence, resourcefulness, and competence) to escape poverty by getting a good job, educating herself, and moving out of her marginalized community, however, if she doesn't change her mindset and get rid of her feelings of shame and inferiority she will inevitably be exploited in the workplace and can end up in poverty all over again.

Escaping social exclusion does not mean that we also escape the inner struggle from social exclusion. This is something the excluded

often forget. Self-awareness is about being mindful of how social exclusion shaped us and how we need to change our mindset. Mindfulness is something that needs to happen every single day if we are ever to escape and break the cycle of social exclusion and inner struggle. This means replacing feelings of shame with self-respect, inferiority with confidence, and guilt with self-love.

Answer these questions; they will help you observe your cycles:

Which themes have you observed in your life?

Generally, the answer to breaking the cycle lies in how it started. How did this theme start?

What changes can you make to your thought and behavior patterns to break out of the cycle caused by this theme?

Things, people, and places don't change and we can't make them but we can change the way we think and feel and we can seize back the power these cycles have taken from us.

Step 5 Day 2

Margins Daily Quote: Daydreaming can tell me more about myself than anyone ever could.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 3

Margins Daily Quote: Everyone will tell me what they think of me; I will listen. Their intentions are hidden in their opinions.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 4

Margins Daily Quote: Real life is so much better than the movies; I will make mine a blockbuster.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 5

Margins Daily Quote: The greatest thing I will ever achieve is to meet myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 6

Margins Daily Quote: Compassion is a universal language; I will learn it and speak it every day.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 7

Margins Daily Quote: When I write how I feel, I give the universe a reason to conspire in my favor.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 8

Margins Daily Quote: It's not easy to be nice but it is harder to be mean.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 9

Margins Daily Quote: I will move carefully through life; everything is fragile.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 10

Margins Daily Quote: I will always listen so I hear when my name is called.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 5 Day 11

Margins Daily Quote: I matter; why else would I be here?

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



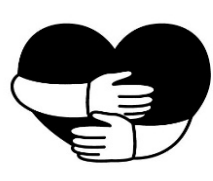
Step 5 Day 12

Margins Daily Quote: I will learn to be comfortable in silence for
silence is the ground in which my dreams are planted.

Step 5 Day 13

Margins Daily Quote: I will tell myself the truth especially when it hurts.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 75-89 Winning the War Against Yourself

Margins Daily Quote: No one can hurt me the way I can hurt myself.

From the time we are born we are told who we are, what time to wake up, what to do, and where to go. The socially excluded mind internalizes oppression. As you move through the day, observe how you react to the external environment and how you internalize what happens to you.

When someone is rude to you, do you defend yourself or do you cower in shame? When you are faced with injustice, do you feel guilty? When you need something do you feel reluctant to ask? Before we can fight the war against inequality outside of ourselves, we need to first fight it within.

Write about your experiences with social exclusion in your journal. The socially excluded were oppressed either by systems, society, their families, or their intimate partners and are at war with their minds. We think that by escaping oppression our lives will magically improve but we discover that when the external oppression ends the internal suppression begins.

So, how do we liberate our minds from our oppressors and from ourselves? We need to observe road blocks when we encounter them. These road blocks may be placed there by society. For example, it may include social behaviors that prevent us from

succeeding or, those road blocks could be placed there by us. It is the nagging voice in your head that tells you that you will never succeed, that you will never get out of the rut you are in or, that you will never amount to anything.

The oppressed mind sees only dead ends while the liberated one knows how to find detours. Make a list of your road blocks.

Step 6 Day 2

Margins Daily Quote: I will give time to myself; it is the best way to spend it.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 3

Margins Daily Quote: Smiling helps even when I don't feel like it.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 4

Margins Daily Quote: When people let me down, I will let them.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 5

Margins Daily Quote: I will focus on me.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 6

Margins Daily Quote: It is never too late to gain perspective.





HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 7

Margins Daily Quote: Falling in love makes everything better; I will fall in love with myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?

			
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Step 6 Day 8

Margins Daily Quote: Sincerity is the surest path to my true self.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 9

Margins Daily Quote: Listening opens me up to others and to myself.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 10

Margins Daily Quote: The healing starts when there are no more tears left to cry.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 11

Margins Daily Quote: I have to open many doors in order to realize that they all lead to the same place. Mistakes, regrets, and wrong turns are all a part of the process.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 12

Margins Daily Quote: It is human to want to be validated but when I gain self-approval, I become self-reliant.

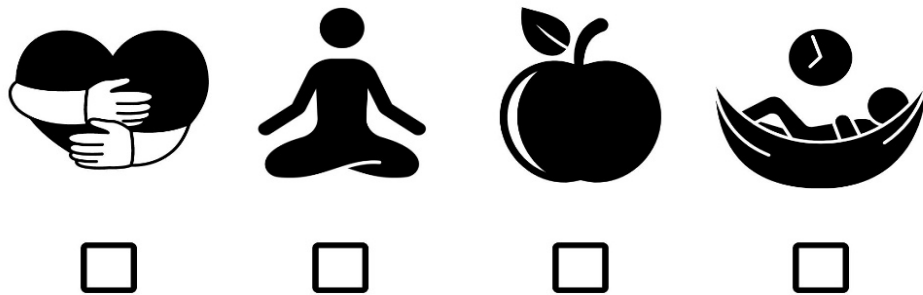
HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 13

Margins Daily Quote: Grief is a reminder of my capacity to love; I will keep loving.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 6 Day 14

Margins Daily Quote: There is no cure for depression but I can learn to live with it.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 90-104 Starting Afresh

Margins Daily Quote: The worst crime a human can commit is to take their own life.

At the root of social exclusion (and the inner struggle that comes from it) is a profound desire for freedom. Freedom from insecurity, fear, and sadness. The desire for freedom often manifests as fantasies. Those in poverty may long for financial freedom and fantasize about winning the lottery, the abused woman may long for freedom from abuse and fantasize about finding a partner who respects and cares for her, the homosexual man who has been ridiculed all his life may fantasize about being very powerful. These fantasies are a first step to building the life we deserve.

Write about your fantasies in your journal. Understand that fantasies (more often than not) don't come true and may even cause harm. Constantly buying lottery tickets can get you into debt and raise hopes that will never be realized but fantasies are important. Fantasies are pointers to where you want to be in life. They are the basis for your plan of action.

Step 7 Day 2

Margins Daily Quote: There are days when today seems too long and tomorrow too far away but there is some comfort in knowing that someone else feels exactly the same way.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 3

Margins Daily Quote: I wasn't meant to be perfect or even normal
and I am okay with that.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 4

Margins Daily Quote: There are things that I need to hear and so, I will tell myself.

Step 7 Day 5

Margins Daily Quote: Waiting for the 'right time' is just fear gift-wrapped.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 6

Margins Daily Quote: I am all the things that I need.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 7

Margins Daily Quote: It is never too late in my story to change the plot.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 12

Margins Daily Quote: Authenticity is self-empowerment realized.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 13

Margins Daily Quote: The journey can only be taken alone but I know that the wind will always be at my back.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 7 Day 14

Margins Daily Quote: I am the icon of my own life.

Step 8 Day 104-118 You are On Your Way

Margins Daily Quote: You are ready to write your own quotes!

Over the last 14 weeks of habitual journaling, recording your thoughts and feelings, observing thought and behavior patterns, and recognizing how they keep you stuck in cycles of despair; you are now empowered to start living the life you deserve. This can be terrifying. Breaking these cycles can make us feel like a fish out of water. At this point, there will be a strong compulsion to return to what we know instead of what is best for us- don't!

Keep going. The mystery of a blank page can be scary but it holds many pleasant surprises.

Over the next 2 weeks re-write your life story and develop the will to make it a reality. Read about your fantasies (in the last step) and then draw up a list of things you want in life. It could be a home, a loving relationship, or a particular job. Now, draw up a realistic action plan. Fantasies keep us in ruts but action plans keep us moving!

Step 8 Day 2

Margins Daily Quote: The secret is not knowing the enormous power I possess to make a difference.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 8 Day 3

Margins Daily Quote: The only limitations I have are the ones I choose to accept.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



Step 8 Day 4

Margins Daily Quote: I was built to stand on my feet.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?









Step 8 Day 5

Margins Daily Quote: I choose me.

HAVE YOU TAKEN CARE OF YOURSELF TODAY?



3. How to Host a Journal Circle

Now that you have completed the Margins Self-Awareness Journal Program, consider hosting a journal circle. The benefits of journaling as a collective are; you can discuss and improvise the journaling steps to suit your unique context, you can motivate each other to journal, you can share your journal posts and get the support we all so desperately need, you can monitor your own progress through your circle members and help each other grow as you learn from the past and collectively create a beautiful and bright future.

Here are some guidelines for hosting a journal circle. You can host a circle with people you know such as friends, family, work colleagues, or members of a shared social group. You can also place an ad on any of the Margin's social media platforms or use our online forum. Journal circles can be hosted in the comfort of your home, a public place, or online. If you are hosting a circle with strangers, please make sure you exercise safety. Here are some steps to guide you through the process:

- The first meeting will set the tone for the rest of the journaling process. Our aim is to get all the people to feel safe enough to come back. Get people to introduce themselves and break the ice. Make your circle feel comfortable. A little bit of small talk can go a long way.

- Explain the Margins journaling process. The host should have already done the program.
- Circle meetings should be held weekly, bi-weekly, or monthly. You want to give circle members time to work through one step at a time and get properly acquainted with the journaling process.
- At the start of each meeting touch base. Find out how people are. Find out how they felt about the last step that was covered. Get them to read their journal entries- if they want. The key is to share, share, share.
- Introduce the next step and discuss what the step means to each of you and how you plan to approach it.
- Improvise! The journal circle process is a guideline. It is not set in stone. Please add or take away as you see relevant and share your experiences with our online community on all of our social media platforms. We will use your feedback to improve our programs and build future ones.
- Build. See the circle as the beginning of building a community that will support one another as we all go through the ups and downs of daily life in the margins.

4. About Margins

Marginal Mind Matters (Margins) is a registered not-for-profit company working to help the marginalized cope with the inner suffering of social exclusion through self-help and support groups. When we recognize the feelings attached to social exclusion we can translate negative feelings of anger, frustration, and helplessness and the harmful activities we use to express ourselves such as self-harm, substance abuse and violence and, instead, channel our energies into liberating ourselves, pushing the boundary of social exclusion, and escaping marginalization both internally and externally.

If we don't recognize the feelings attached to social exclusion, the external oppression of social exclusion leads to feelings of inferiority, worthlessness, and being trapped. When we experience these feelings, we become paralyzed by fear and we are unable to escape our social circumstances. The boundary of exclusion becomes entrenched by our own internal suppression. The Margins Self-Awareness Journal is a tool to record our feelings, break behavior patterns relating to social exclusion, and free ourselves from internal suppression so we can lead the lives we want rather than the lives that were imposed on us.

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