

What is the Heart, Sass & Soul method of journaling?

By Greta Solomon, writing coach & author, www.gretasolomon.com

The promise of *Heart, Sass & Soul* on Amazon is that it's a method for writing freely that can change the way you live. Can writing really do that? In a word, "yes". The science says, "yes". Experts ranging self-care psychologists to psychotherapists, coaches, healers, writers and authors, who have endorsed the book say, "yes".

And perhaps most importantly, so do people like you – those who are drawn to writing and journaling, also say "yes".

One client, who worked through all the exercises in the *Heart, Sass & Soul* said: "What I have loved throughout this book is how realistic you are. You talk about topics that others are too scared to mention and that many people try to hide. Your book and your ideas are very grounded; they do not try to paint a pretty fantasy or try to convince the reader that everything is rainbows and butterflies.

"You really connect to the truth and depth of life. And that's what makes your exercises and techniques so effective. You opened up my heart and mind and shifted a lot of things deep within. Your honesty and openness make you stand apart from other writers and coaches who don't connect to their own nor their readers' inner life."

Plus, as yoga teacher and healer, Yair Sagy says: "This work is coming from a mature and ripe place, with deep personal and professional experience...Greta's work is profound and inspiring, yet light and accessible."

Deep and light. Happy yet grounded. Joyful, inspired and living in your truth. This is the end goal of *Heart, Sass & Soul* and I hope you'll join me on the journey.

Answering the call

The method begins with finding a still place within and asking yourself these questions (and more):

- Am I able to express myself in writing and in life?
- What is my critical inner voice telling me?
- Where have I moulded and shaped myself to fit in with other people's agendas?
- Where have I hidden my heart because I didn't feel it was safe to open up?
- How can I use writing to clear a path to self-love?
- Am I ready to accept the invitation to live a fully-expressed life?

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Greta Solomon is the author of **Heart, Sass & Soul: Journal Your Way to Inspiration and Happiness** (Mango, 2019) [Order your copy on Amazon today](#)



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Clearing the blocks to self-expression

After this, it's about figuring out what blocks, fears, shame and doubts you have that stop you from freely expressing yourself. If you don't do this, then you won't access the lower layers of what I call the communication pyramid. And you'll struggle to express yourself from the heart and soul. I lovingly guide you through this and everything to come.

Then, it's about figuring out your writing personality type (there are seven broad types!) so that you can get the most out of your journaling practice. And then it's about loosening up even more by getting into your body and experiencing the magic of walking and writing.

Forging a new creative identity

This is about harnessing your energy so that you can surrender to the flow of life and go with the tide, instead of pushing against it. We explore your core beliefs and get to the heart of 'why' you want to write and journal, as this can help you get to the deeper layers of self-expression.

Tapping the creative current

I introduce you to the practice of object writing, a magic technique learned in my songwriting days that gets you writing freely and easily. You'll learn what a joy list is and how to create one and begin to awaken your senses.

Embracing moments of magic

Positive optimism is about taking changes, doing things you wouldn't normally do, stepping out a little into the zone of discomfort and deciding to live a life less ordinary. This chapter is packed with journaling activities to help you enter the zone where magic happens.

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Creating love from loss and grief

When loss hits us – we enter ‘the great unknown’. And at some point, or another, we all face this. How we face it shapes our lives in so many ways. The space between jobs, friends, relationships, homes – anything, in fact – is fraught. There’s no solid ground because in that space nothing is certain. The best thing to do in that space is WRITE. I guide you how to write through loss, and how to pay attention to the small losses which can pile up if left unacknowledged.

Making meaning in dark times

This chapter is an invitation to break through darkness into light – through making meaning. This can be any darkness (including a dark night of the soul). But I think the most-bleak darkness of all, is the death of a loved one. Even if that loved one died through miscarriage. I show you how to honour the transition with gentle guided exercises, stories and prompts.

Metaphor – The language of the soul

Becoming truly comfortable with metaphor is transformative. This is because it means that you have developed a whole new language in which to express yourself. Step-by-step you’ll learn tools and techniques for developing language that comes from the soul – and in doing so, you give yourself a fighting chance of accessing your subconscious.

What does it really mean to be self-expressed?

Creativity comes from a desire to express your TRUE self. And doing so can feel unfamiliar to you and others. It’s unsettling, perhaps even threatening to see someone rise. The people around you will have to adjust. But it’s likely that their first instinct is to try to douse your flames – thinking you are out of control. But this fire in your heart and belly is a sign that the terrain has changed. I give you lots of fun, empowering exercises to enable you to take charge of your days, set your boundaries and allow your creative spirit to flourish.

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Letting go and surrendering

What do you need to let go of? What signs are you ignoring? Where are you pushing on regardless? So many of us do this, until we break down, either physically, mentally, or both. People find themselves burned-out and with a whole host of physical ailments that their hearts and minds warned were on the way, long before they struck. This chapter is all about seeing what you need to surrender and let go of, through guided questions and journal prompts.

Creating personal, creative blog posts

The flip side of writing for creative self-expression is that eventually we yearn for a reader. We want to communicate with someone, to be seen and to be heard. And at the same time, we can want to run and hide and not reveal anything at all. In this chapter I teach some practical blogging and writing techniques that will enable you to put your heart into your blog (if you have one!) without trading fear, pain and suffering for likes, comments, shares and follows. Covering what to write, when to write, and how, including structure and powerful openings and endings.

Writing your own life

Taking responsibility and writing your own life is about keeping your mindset healthy and using that to impact how you feel (and how life feels to you). But it's not a magic wand. The odds in this world are always stacked in favour of certain groups of people. It's a fact that people are routinely treated badly simply because of their gender, sexual preference, colour, race, religion or creed. Life isn't fair, but I'm all about taking charge of what you CAN take charge of. Forging ahead. Dreaming and doing and defying the odds. Empower yourself to become the author of your story.

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About the author

Greta Solomon is a British journalist turned writing coach and the author of two books about writing including *Heart, Sass & Soul: Journal Your Way to Inspiration and Happiness* (Mango, 2019).

In 2006, she discovered a talent for helping people overcome the blocks, fears and shame that stops them from fully expressing themselves. Through talks, workshops and online programmes, she teaches real-world writing techniques and inspires others to live rich, full lives. Check out her upcoming [Heart, Sass & Soul workshop](#), her regular [60-minute journaling workouts](#) and her online course in [writing for creative self-expression](#).

Greta is trained in speaking, professional acting, improvisation and performance poetry. She has performed at The Nordic Black Theatre, guided writing workshop groups around Addis Ababa, been the host of a global careers conference and has chaired publishing industry panel discussions. She has spoken about writing, creativity and self-expression in a variety of international auditoriums and corporate and creative workshop rooms. She also held the post of visiting lecturer in business writing at City University, London.

As a journalist, she has held staff roles at *Woman* and *Executive Woman* and her freelance articles have been published in *The Numinous*, *Forbes.com* and *Huffington Post*, as well as a variety of national newspapers and magazines. She is also a published poet and songwriter.

Greta has a BSc in Psychology (University of Warwick, 1999). She is a certified life coach, a trained lifelong learning teacher and holds a specialist certificate in lyric writing from Berklee College of Music. She lives in South West London with her husband and their daughter.

Visit www.gretasolomon.com for more information and to sign-up for her five-day writing challenge, and monthly Notes From My Journal newsletter.

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