

MAKE IT STICK, WRITE IT DOWN

A Journalled Philosophy



LITTERMATURE

*A CRASH COURSE JOURNALING PHILOSOPHY THAT CAN HELP YOU TRANSFORM YOUR LIFE
INTO AN EMPOWERED LIFESTYLE THAT YOU TRULY YEARN FOR IN YOUR QUEST FOR
HAPPINESS, PURPOSE, AND DEEPER MEANING.*

GEORGE KOURTESIOTIS

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First Edition

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CH1-HERE WE ARE, LET'S BEGIN!

I LOVE IT!

Words have truly shaped my life! Words that I have expressed on paper or documented in some way have indeed manifested themselves into my reality.

What Is My Reality?

Regular people have inspired me most because regular people can be inspiring in themselves. Truth be told, I am just a *regular* guy with an interesting perspective and I am in love with myself, and my life as a result of picking myself up through my own personal hardships. There is nothing fantastically *crazy* about my life, because life is crazy in itself—*Crazy things happen to everyone*.

And therein is the beauty of my own story as a regular guy who has found his own unique path of empowerment in gratitude, as delegated by the will of my own expression through paper and pen.

Welcome

My name is George Kourtesiotis and this is my ~~story~~ *crash course* for finding a new source of inspiration and creativity for yourself. The material that I will share with you is something that has helped me personally find deeper meaning within my own life— *past, present, and future*.

About Writing

Writing is a very powerful tool of expression and it is the reason as to why I chose the notebook as my product – *Learn more at Littermature.com*.

I love writing because it is empowering, and I can often express myself better on paper than I can verbally. That said, I am a very physical person and the beauty behind writing is that it is very much so a physical action. In that, I can physically focus my brain onto the tip of my pen in order to effectively communicate my personal message of intention.

If you're here to live more meaningfully in life, then you'll love it too, because the benefits are limitless. However, if you find yourself here and you realize that writing isn't your vocation, then maybe it's what lies at the root of the habit that you'll resonate with—and that is *EXPRESSION*.

EXPRESS, EXPRESS, EXPRESS!

Vulnerability feels like shit, but you should never have to sacrifice your voice as an expense.

We're meant for *it*— *expression that is*—But if you don't know what the *it* is in your life just yet, all I can say is that *something* within the content of this package will pull you into a lane that will fast track your efforts in the direction of your calling.

Perfect Practice Makes Perfect

By diligently taking what I will share with you over the length of these pages will help perpetuate your own existence down a path towards a more inspiring life— *A more creative life, and a more expressive life*— within every aspect of being as it relates to your relationships with yourself, your friends, your love life, your career, and everything else you wish to apply it—*but only if you willingly apply yourself.*

YOUR VISION IS UNIQUE

If you're unclear as to what your vision — *greater purpose, meaning, happiness etc...*— is in life, I aim to help you start digging that out. But don't be fooled, because the path towards self discovery in the pursuit of your life purpose will take *some* work.

Have faith in accepting this challenge.

If you are here, you have been *called* into the contents of these pages because somewhere deep down you are the type of person that is unwilling to settle for less! You should take great pride in that—*I do for myself*— because what you feel is our personal yearning for growth—it's what we're meant for in the being of our humanity.

In building the habit of persistent journaling—*of expression*— it has the potential to etch out the path of our great journey in life, in discovery, and pursuit of experience!

When it is all said and done, what is the story that you will want to impress within the memory of your experiences.

What great impact will you have made?

What great achievements have you accomplished?

What great acts of selflessness and loving kindness have you inspired on others?

What have you invented?

What have you overcome?

What have you become?!

We have so much untapped power and potential within the ability of our choosing—*Choice* is ours to make— Empower yourself passionately to take control of your life!

MAKE IT STICK, WRITE IT DOWN— LET'S BEGIN.

CH2—BE PHYSICAL

I'd imagine that this isn't what you were expecting from a crash course with an emphasis on journaling.

Well listen, if you want to find creativity and relieve yourself of your own blocks, you must become what writing is—*physical*.

I heard a phrase once that went something like this:

*“Don't talk about it... **BE** about it.”*

If we want to *be* something, we must *embody* it, and we *become* something within the expression of our behaviour.

With that in mind, what exactly *is* writing?

Personally, I define writing like so:

*Writing is the **PHYSICAL** expression of a captured moment in thought.*

Physical is the key word here, with the second key word being *thought*. When we are physical, we cater to the ability to produce thought— *Ideas, concepts, observances, experiences*.

MAKE YOURSELF BREATHE!

You'd think it would be common sense at this point to state, but your brain can't survive without oxygen. Isn't it agreeable to think that the more that you breathe, and the deeper that you breathe, the better?

I'd say so— So where do we start?

Find something that gets you up, gets you out, and gets you breathing. That is what is important because *that* is where LIFE is.

Life is lived outside, with LUNGS THAT WORK!

If you want to be inspired, you have to inspire yourself from a standpoint of physical health and wellbeing.

I am here to tell you that **NOTHING** in this world makes me feel better mentally, physically and emotionally than physical fitness and exercise—*alongside a wholesome approach to nutrition*.

Never have I regretted going for a run, having a workout, stretching, or activity. As a result, it gives my mind a break while undoubtingly benefiting my body, and that's something I can feel great about. Heck, even in injury— *if movement hurt me, movement will be the one to save me.*

OUR WORLD IS UP HERE!

Since you're reading this, I want to make note that I am pointing to my head. But this is especially so in today's day and age, where we are *up here* more than ever! In that, it is important to think about our mind as "people", because people need rest. It is important to recuperate our minds to allow them to re-organize their healthy and productive thoughts.

Think about it, you get a break from work—and *a break from all sorts*— but does your mind ever really get a chance to stop thinking? Not unless your dead. *Even then we don't know, but that is going down another topic of conversation.*

The point that I am trying to make can be exemplified in another quote that is loosely phrased from a martial arts book of wisdom that I read once:

"When your body is at rest, your mind is active. And when your body is active, your mind is at rest" – "Mind Power", Kazumi Tabata.

When we absorb ourselves physically our mind becomes captivated by the moment and we become grounded as a result, understand? By doing this, we can check out up here—*our head*— by checking in down here—*our body*.

How Do You Do It?

I'm biased on how you do it because if your body was up to me I would be moving it 7 days a week—*sometimes twice a day*. But that's just me, and what I discovered through my own experience is that I personally *live* for physical activity. As for you, well you might not live for it just yet, but I am certain that *you are definitely made for it*.

MOVE YOURSELF, MOVE YOUR MIND

MOVE your damn body! Burn off all of that extra mental stress that is clouding the judgement of your mind. BURN off and breathe out all of those toxins that are stuck in motionless decay as they stay trapped within your own body because if you don't do this for yourself, who else will?

Stepping out of your mind and into yourself will boost FEEL GOOD ENDORPHINS —*happy hormones in your brain*— that can positively change your perspective in how you see the world. So move for your life's sake— *You won't regret it.*

IF YOU CAN BRUSH YOUR TEETH EVERYDAY, YOU CAN EXERCISE EVERYDAY!

The chances are that physical activity will facilitate some sort of inspiration in your day. Not only will you have done something productive, challenging, and healthy, but at the very least, you will have gotten a damn good workout and you aren't going to regret that either.

The more you do the better you become, and the more you will be able to do as you become more resilient to resistance in the process. Life is about experience, and when you can *physically do more* as a result, new experiences will naturally present themselves for you to capitalize on.

What's The Key Here?

There is no *be-all-end-all* to fitness. The point is to *be* active—*PERIOD!* My best advice is to make sure that you are pushing yourself and maximising your effort in the endeavour of your personal fitness.

If you already workout—*Push yourself a little bit harder, do a little bit more, sweat a little more, and breathe a little bit harder.* Even better, do something entirely different than whatever it is that you are currently doing or have *become used to* doing.

Get Out Of Autopilot and Change It Up!

If you lift weights—*go running.*

If you run—*lift weights.*

If you already run and lift weights—*Play squash, or swim, or bike, or rock climb, or dance.* Just *move* differently—*Do something physical that your body will find challenging.*

Okay, you're new and you honestly have no clue on where to start or what to feel.

- Find a coach—*Online, or in person.*
- Join a class, or a running group.
- In a real pinch, you must know at least ONE person that does something active for themselves. *Ask to tag along with them.*
- Heck, do your own research—*The internet is one big resource for information.* You can find anything on anything these days, and *anything* is better than nothing.

My only advice is to keep it simple—*Pick something active, stick with the basics, and push yourself*—your competency will naturally improve along with your interests. Ultimately, make it a self-driven ritual.

Let Your Sweat And Your Breath Guide You!

To emphasize, it doesn't necessarily matter *how* you express to move, just make sure that you're *moving—and moving with EFFORT!* Do that consistently throughout the week, do it consistently for the rest of your life, learn to ENJOY IT!

A Quick Story.

When I was a personal trainer way back when, I used to encourage my clients to increase their *Non-Exercise Physical Activity (NEPA)*.

NEPA was an abbreviated concept that I had read about when I was learning more for myself with regards to fitness during my time in university, where my interests revolved around training for football. More particularly, NEPA was an idea in term for fat loss.

Anyway, here is the quick gist of what Non-Exercise Physical Activity is.

On average, most people workout for 30-60 minutes, about 3 times per week—This is a very low frequency in activity by my movement standards—*But hey, if you want mediocrity, do what others do.* The good thing here is that you're *you*, and *you* want more out of life. I know that you want more because you wouldn't be reading these words if you didn't—*SO MOVE, SWEAT, BREATHE, and make that choice to do so in some manner EVERYDAY!*

Back To The Math

The average person trains 3 days in the week, for about 60 minutes per training day. This boils down to just 3 hours of physical activity PER WEEK.

Firstly, there are 168 hours in one week. Secondly—and more importantly—How many more hours do you spend in a seated position, or being stationary in general?—*Think about it.*

With technology these days, it is so easy to be physically still in living a sedentary lifestyle with a mind that runs chaotically rampant in our own head. By increasing our fitness along with our personal NEPA is to look at the world in a more creative way on its own.

What can you do?

Forget about the prime parking spots—*Park your car further away.* Get off the bus a few blocks early. Take the stairs— not the escalator. Carry your grocery items by hand, or in hand basket as opposed to a cart. Stretch while watching tv. Get up at work every hour and squat. Simply move every hour for the sake of moving, or limbering up. If you have kids and you see them playing—*Shit, play with them!*

You will think about movement in different ways when you start incorporating variable movement into your regular routine. It will break up the monotony in your day, and even inspire or spark a conversation with people who will begin to notice your new behaviours.

It's true, using the world as your experimental outlet for movement might make you look weird, but the world is weird. And honestly, that is part of what makes each one of us unique—*our own individual quirks in weirdness*. Half the time our insecurities and anxieties are probably due to the stifling of our own expression— *embrace your weirdness you beautiful weirdo!*

REVERSE POSTURES THAT YOU CONSTANTLY HOLD

Let's talk about physically charged emotions for a minute.

On top of being a personal trainer, I was also a certified Fascial Stretch Therapist (*FST*). Technically I am still FST certified, but I don't choose to practice the therapy for hire anymore.

Something to quote out of my FST modules is this:

"Your issues are in your tissues"

What is Fascia?

Fascia is the connective tissue that gives your muscles their shape. If you want to visualize this further, think about the fruit of an orange. When you begin to peel away the skin, the pulp —*or meat*— of the fruit is encased by this white fuzzyish stuff that is relatable to the fascia within our own body.

Scar Tissue

If common sense was really all that common, we would all know what scar tissue is by this point. Well, scar tissue is essentially traumatized fascia in its state of regeneration. What happens is that the area of trauma knots up and becomes even more rigid —*from a mobility standpoint*— in order to protect the site of injury from... *further injury*.

Scar tissue is as stubborn as it is tough, but there is a compromise in movement and mobility as a result. In other words, there is a natural physical restriction that comes about with the healing process in direct response to the sustained trauma.

Let's get back to FASCIA, and WHY it's important.

Fascia is mouldable, pliable, and highly adaptable. But like everything else, it needs to be actively stretched to maintain its fluidity, otherwise it stays tightly confined in rigidity. Basically, it needs movement to maintain the energy of good health to flow throughout our body.

With regards to fascia and the body, everything can be looked at as physical *training*. The postures that we hold every day, are postures that are *trained* into our body. We physically FIX ourselves into the positions that we chronically hold everyday. Quite literally, we are moulding ourselves into our seats and computer chairs with each hour that passes.

If we don't practice moving through our natural and complete ranges of motion— *the ones that we are biomechanically designed to move through*— we lose the ability to do so.

If You Don't Use It, You Lose It.

Have you ever seen a toddler squat—They squat for everything! Furthermore, their form is impeccable, because they are constantly moving, or playing. But even then, when a toddler isn't playing about—if they're emotional—notice how much more ***expressive and physical*** their body language is as opposed to that of a "normal" adult.

It's an interesting perspective isn't it.

End of Material Sample