

preview

The Global Journal

by *Jo Club*

written by
the joclub team
www.joclub.world

welcome

Welcome reader, we are happy to have you!

This is The Global Journal, a new magazine to fulfill all your journaling dreams. Created by JoClub members.

Every month we'll provide you with a new edition including everything you need for the month of journaling ahead of you.

We are covering journaling tips, astrology/tarot, entertainment, featured journaling entries, and more.

This is the preview of what's to come! The full edition will be released on August 1st.

Enjoy browsing through and journaling!

xx editors

contents

1 letter from
the editor

4 mental health

2 all things
journaling

5 entertainment

3 joclub global

6 about



*letter from
the editor*



letter from the editor

June 26, 2021

My beloved journalers,

What a wild month this has been. I've found myself being pulled in a million different directions after the Netflix show launched. Thank you for your support!



Can you believe I started JoClub in the middle of the shoot, and you guys were the first ones to really know what was going on?! With all the buzz, I've found my introverted little heart craving nights curled with my journal more than ever. I know I'm preaching to the choir, but

paper and pen is what's grounded me. This time has been a solid reminder that anytime I'm feeling swayed, I have the power to write myself back to my truth, which shows me a clear(ish) path to move forward. And damn, lately, my thoughts and next steps have been needing organizing.

I'm sure you can relate that it's in the hardest moments that we subconsciously sabotage ourselves: "I'm too tired to write," or "I'm not in a good space," and shut down all together. I've considered it multiple nights leading up to the launch of the show. Anxiety came for me with a vengeance, crippling my grit, and desire to do anything at all. Of course, rest is important, but writing is especially important when I'm in a funk - it's my trusty compass to navigate murky waters.

The world is opening back up again, friends and families are reuniting, and I hope you have all filled your hearts with community, love, and human connection.

It does the soul good. The reopening has gotten me thinking about what people I really want to keep close to me. After a year and half of seclusion and social distancing, we could be overcorrecting which would lead to the inevitable "hangout burnout." Like we're trying to catch up on all the socializing we missed by booking something each night. A coffee, drinks, family reunions, it's all necessary, but moderation is key. As an extroverted introvert, I had to remind myself to save space for me-time. The words, "no thank you," will come in handy right now. I've found myself saying no to trips into the city, and enjoying the beauty of my small town instead. Can't take the hermit out of the Cancerian crab. Despite the travel bug starting to itch me, I know getting my mind right is a priority.

Some questions I'd love to leave you with this month: How have you been navigating the world slowly opening up again? Who is on your priority list, and why? What is deserving of taking time away from your newfound hobbies? What value are you adding to your life? What's taking value away?



Reminder of the month:

There's an ancient Chinese proverb that states you never really lose anything, let's say a \$100 bill fell out of your wallet, it means it wasn't really yours to begin with. "What is fated to be yours will always return to you." As I move forward into this new era of my life, I put energy into this thought and it proves to be true time and time again. Stay positive, and patient, because what's yours is simply waiting for you to be ready to claim it. But you have to know you're deserving of it for it to present itself. Stay focused, and keep moving forward.



Books I've been reading:

In addition to our book club book of the month, "The Perks of Being a Wallflower," I've been loving this book, All the Time in the World. It's a time machine disguised as a coffee table book, with tidbits of history from around the world in all centuries.



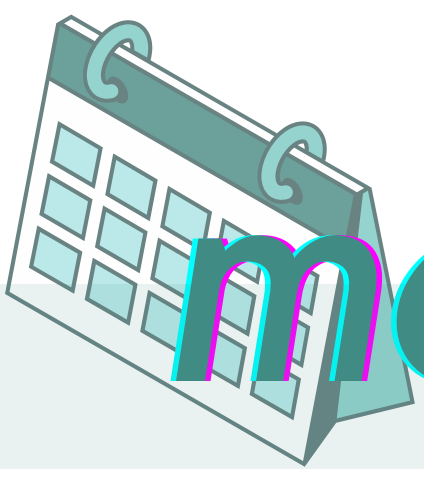
It not only makes you appreciate the passing of time, but brings you back to scenes of ancient traditions, myths, and behaviors that have you not only honoring the past, but zooming out and remembering, this too shall pass.

Have a beautiful month, I'll be looking forward to taking our zoom calls from Greece - I'm taking a birthday trip and getting back into travel content. Can't wait until our next meeting!

Jo FRANCO



*all things
journaling*



monthly check-in

We're 2 weeks into July.

EVERYTHING STARTS WITH INTENTION.

Write out/list your intentions.

Is there anything that you learned in June, or during the first 2 weeks of July, that you will keep in mind until the end of this month?

What is your end goal?

How will you get there?

What will you do today to achieve this?

prompts from the cards

Quick Start Guide: This is not-your-average astrology column. Here you'll find a combination of my two favorite topics: astrology and tarot! I use both astrology and tarot to help me better understand myself and my relationship to others. I pulled a card for each astrological sign and channeled a little message and journaling prompt for you. But here's where you can reflect more deeply with this section. You could do the prompts for your whole birth chart if you wanted to, or create your own interpretation of your cards.

Enjoy! --Maya <3



ARIES
(March 21 - April 19)

EIGHT OF PENTACLES
You've been working SO hard towards a goal or aspiration recently and I'm here to tell you that you're super close to seeing the rewards for your effort Don't give up now!

Prompt: Take a moment to celebrate your successes so far. What are five things you're proud of yourself for doing this week? No matter how big or small your accomplishments have been, you're doing amazing.



GEMINI
(May 21 - June 20)

TEN OF WANDS
Hello, you look like you've been carrying a lot on your own. You're also possibly at the end of a long journey of hard work. This card always reminds me of burnout-- reaching the point where you've pushed so hard to advance in your passions that it has stopped being fun anymore.

Prompt: Talk about your relationship to success.

TAURUS
(April 20 - May 20)

VII THE CHARIOT
Bestie, this is your sign to do it. It could be anything; a course you've been meaning to take, trying a new sport, even starting a business. There will always be a million reasons why now doesn't feel like the right time, but I'm here to tell you that you have everything you need to go for it.

Prompt: Picture yourself in one year, then five years. What is the best thing that could happen if you did it?



CANCER
(June 21 - July 22)

QUEEN OF WANDS
Court cards are tricky to read with. I tend to first consider the character on the card to represent who I'm reading for. So with that being said, you're the Queen of Wands! You have a gift for creativity and inspiration. Not only do you nurture your own creativity, but you also support others in their interests. There's a vibrancy about you that is infectious.

Prompt: Think of what you're passionate about; how does it feel when you get to share that energy with others?



prompts from the cards



LEO
(July 23 - August 22)

XV THE DEVIL

Sometimes our unhealthy habits catch up to us. It feels so comfortable to lean on those old comforts, or dwell on the same daydreams over and over. The Devil card shows us being taunted by these habits--illusions of what we really want for ourselves. I think it can be a very empowering and beautiful exercise to evaluate those habits you may have without shame and learn to embrace what you truly want instead.

Prompt: What are you holding onto and why?



VIRGO
(August 23 - September 22)

XIX THE SUN

Kind of like Winter transitioning into Spring and Summer, the warmth of The Sun is returning to you as well. A spark of joy and energy has been reignited in you. It's almost like being a kid again, or maybe you've just returned to yourself.

Prompt: Write about what excites you right now! Write down everything that pops into your head.

LIBRA
(September 23 - October 22)

TWO OF SWORDS (reversed)

This card is telling me that you are currently facing a dilemma. The fact that the card came out reversed (up-side down) emphasizes that this is a particularly tough call that you need to make. Perhaps either outcome has undesirable aspects to it. It's also possible that this situation has nothing to do with you and it's not your decision to make.

Prompt: Our journals are a safe, judgement free space. What does your intuition tell you to do?



SCORPIO
(October 23 - November 21)

NINE OF PENTACLES

If I got the chance to live in any tarot card scene, it would be this one. Embracing abundance can feel overwhelming sometimes. Take this as an affirmation that you absolutely deserve it.

Prompt: For the next 9 days, write out 9 things that you are grateful for each day. Reflect on how you feel when you're done.



prompts from the cards



SAGITTARIUS
(November 22 - December 21)

FOUR OF CUPS
The Four of Cups is a card that signifies dissatisfaction to me. It's possible that there are a plethora of opportunities ahead of you and you don't feel ready for them yet.

Prompt: What is holding you back?



CAPRICORN
(December 22 - January 19)

XI JUSTICE
The Justice card reminds us that our choices inform both our future and that of our communities. Our actions are where our powers lie to make a difference.

Prompt: Free write: What does justice look like to you?

AQUARIUS
(January 21 - February 18)

THREE OF WANDS
If you were at our live journaling event in May, you might remember that my soul card is the three of wands (I still don't know why yet) and I'm also an aquarius. This card just follows me around! Maybe it's just because there is something so satisfying in taking a step back and observing all of your plans beginning to take motion.

Prompt: Jot down your 5 year plan, your 3 year plan, and your one year plan. Do you see how they're linked?!



PISCES
(February 19 - March 20)

PAGE OF CUPS
The character in this card gives off a lot of pisces energy. They are also the court card character that I would want to be best friends with. So congratulations on being the best, lol! Never lose that sense of wonder and openness. If you're not feeling that way at the moment, this is a sign to embrace a more open mind about the different tides we experience in life.

Prompt: How do you feel when you're out exploring the world?





joclub

global



featured country

We all miss travelling, but as the situation improves, JoClub members take us on trips to the most incredible places!

This time, Maryse takes us to her country and "a real paradise."
Can you guess where it is?

Hint:





polyglot journaling

Welcome to our polyglot journaling section!

Journaling it's like playing with a puzzle where the pieces are your words. We play with them, we try one and another until we find the ideal combination that fits so well that finally our most inner thoughts, ideas, worries and excitements form a shape and become a tangible extension of ourselves.

But, for language-lovers, the fun doesn't stop there, because they have the chance "to play" with many sets of pieces and putting together puzzles they never imagined.

For this reason, we're creating this section, a place where, as a writer, you can share your journaling entries -either in your native language or in your target language.

So if you're *en train d'apprendre le français*, *o forse se parli italiano*, *o tal vez español* send us your entry, we're already excited to read that polyglot version of you! :)

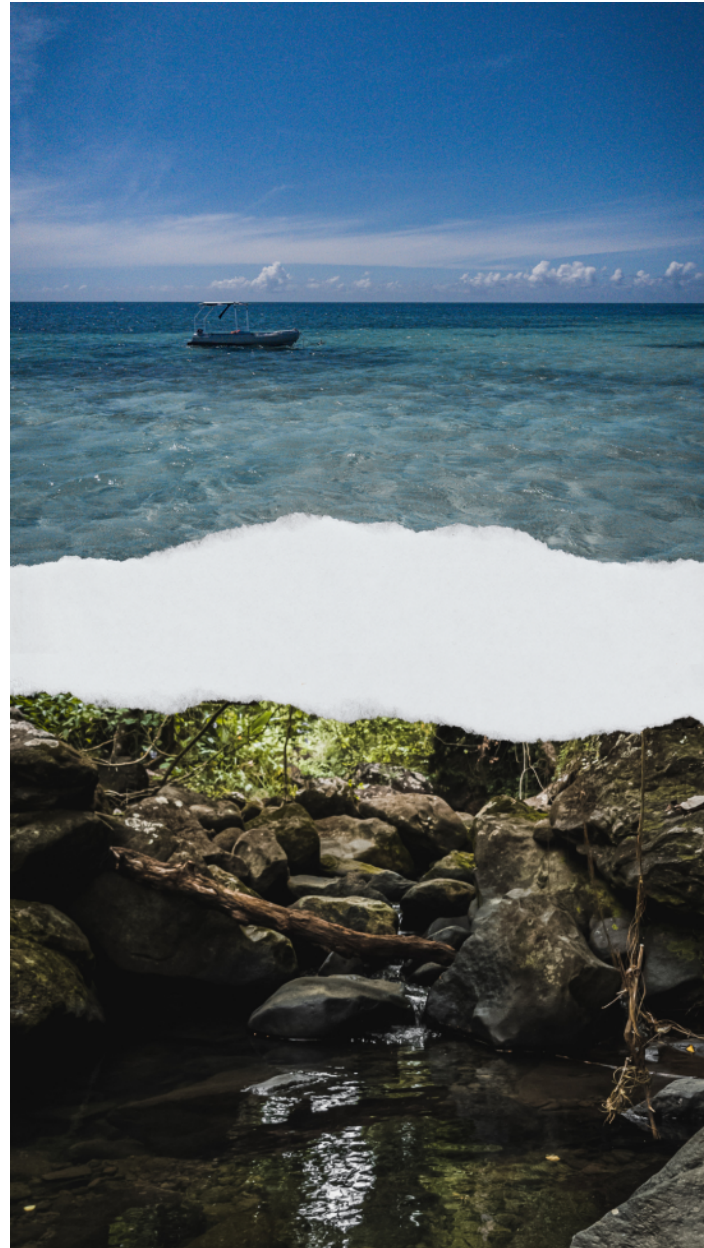


around the world

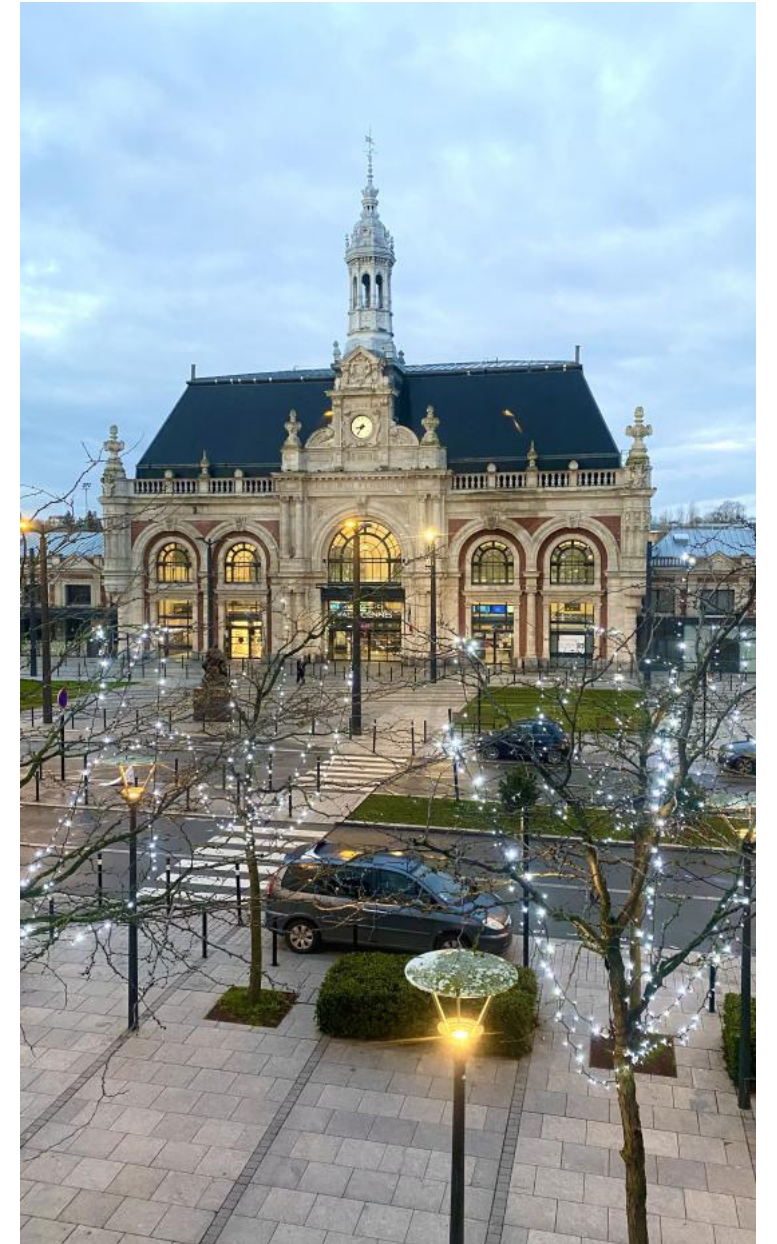
JoClub can't get any more global than this. Take a look at our photo submissions from members all over the world!



*A sunrise/sunset at 1:30am in Jakobstad, Finland.
[@hanna_wvesterlund](#)*



*Ce sont deux paysages complètement différents mais ils montrent la diversité de la Guadeloupe. Voici une rando en forêt et une sortie bateau. Effectivement malgré sa petite taille, la Guadeloupe regorge de jolies choses et de belles surprises.
Juin 2021.
[@mobile_the_explorer](#)*



*Gare de Valenciennes (Valenciennes, France).
Le 25 décembre, 2020.
[@MaryseSMarius](#)*



*This is a place in Haarlem, the Netherlands I have been lucky enough to call my home for the past 2 years. Or at least close to home.
[@Leansdayaddams](#)*



*Crater Lake (Tasmania, Australia).
21 January, 2020.
[@writingsbynoa](#)*

To submit your photo, send us a message on [instagram](#)

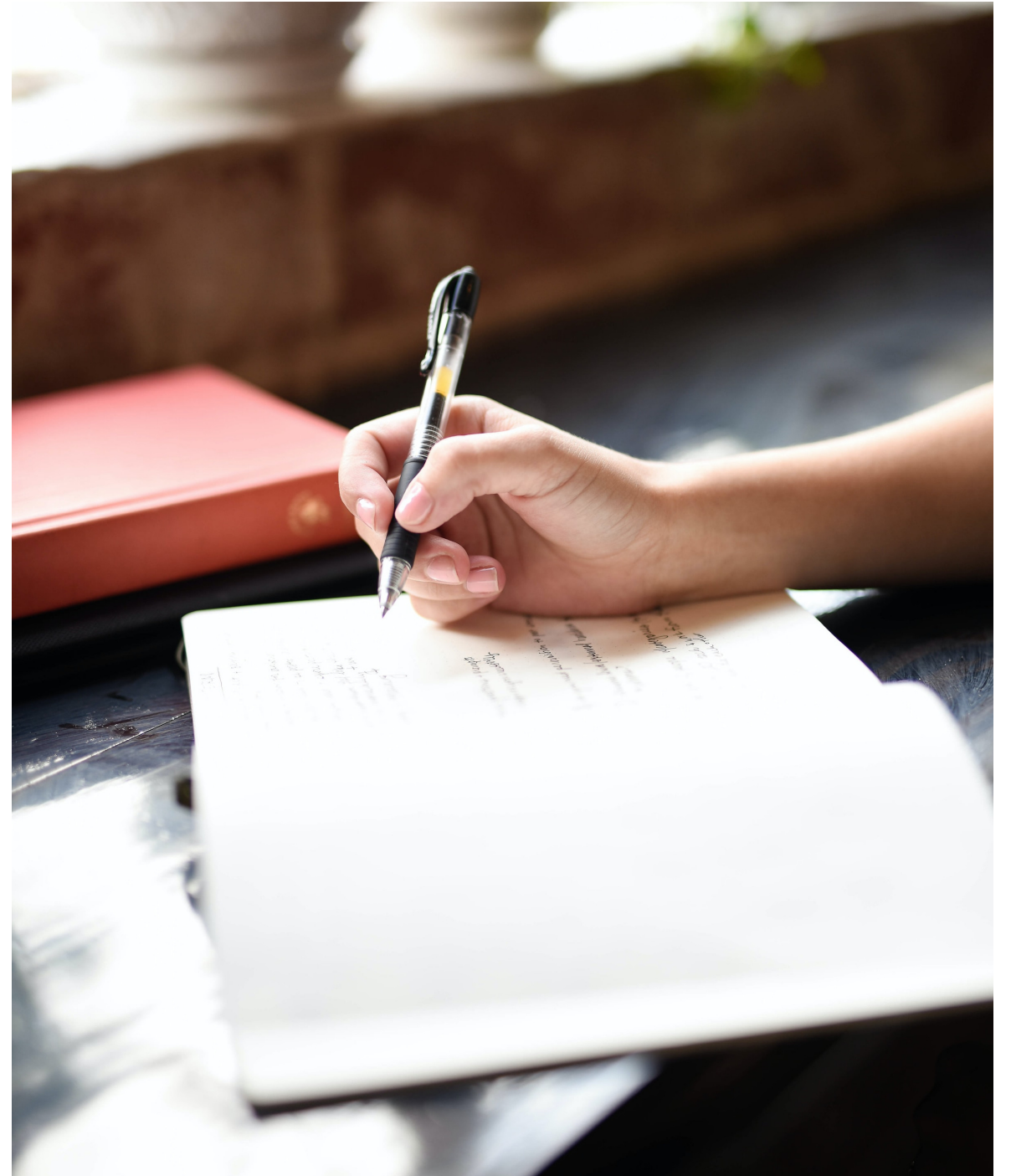


*mental
health*



introduction

How can one not love journaling? When life gets hard, it's there. An old friend willing to hear our stories, feelings and experiences without any judgment. Then, with a particular kind of patience, it helps us come back to ourselves and keep going. Seems like magic, doesn't it?



However, the truth behind the magic is you. You are the one who, page after page, is creating a better relationship with yourself: discovering and supporting yourself.

No matter if you have been into journaling for years or you have just written your first page, you are taking the matter into your own hands and you are taking care of your own mental health. You should be very proud of that!

Maybe you're not aware of this but you are a part of the change. You are leaving behind old prejudices and proving that mental health care can be approached from a positive perspective, and can be as pleasant as choosing a nice place, your favourite pen and letting your soul speak for you.

This is why we have created this section. We are going to share with you some tools that will help you navigate this challenging but wonderful journey. If you want to share your experiences on this topic, we would love to read your entries!

We hope you enjoy it!



anonymous entry

Discipline

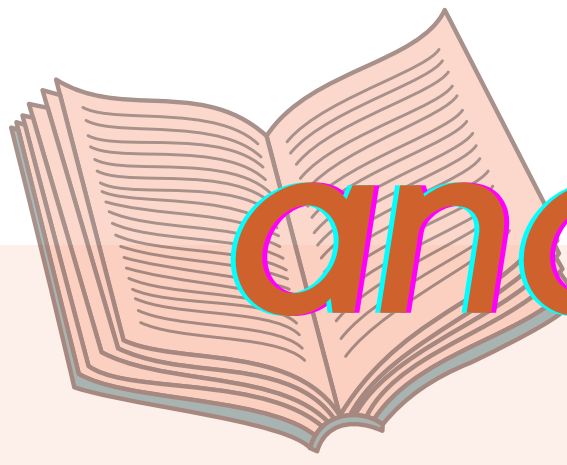
12/06/21

The other day my friend asked me how I manage to maintain discipline and I didn't have an answer. He was unsure as to how I managed to get top grades in my exams while still maintaining the level of elite sport I'm at, and still keeping my mind and spirit healthy. I don't know where my discipline comes from but I know that it looks far more stable from the outside than it does from in here.



I've had many previous issues with maintaining discipline. Before the pandemic, I really struggled but when we first went into lockdown everything clicked for me and I was one of the most disciplined versions of me I have ever been. I was reading, training, running and meditating everyday, hardly going on my phone, and I have struggled a bit to get back to that point since.

One thing I'm noticing which interferes with my discipline is the 'id' or in other words the devil on my shoulder. Often times I commit to doing something which may not be pleasant in the short term, but that I know will enrich my life in the long term, and the devil on my shoulder, which wants me to give in to short term temptations, ends up winning the battles and convincing me to indulge in the pleasant, or avoid the unpleasant short term activities: (destructive short term pleasant things such as eating junk food [which I am very good on now], and unpleasant short term things which will benefit me, such as running, when I don't want to).



anonymous entry

Discipline

TI think that too often I forget about the bigger picture and let this 'id' mislead me into believing that avoiding/indulging in the short term activities will not be harmful to me. I let it deceive me into thinking that I am causing myself suffering by resisting temptation, when in reality, when I give in to these temptations, I am delaying a more severe form of suffering, not avoiding.

People on the outside, however, only see the disciplinary successes I have, which come from learning from these mistakes which I regularly make and using them as a propeller to speed up my progress, instead of a barrier to hinder it.

“When you have a strong enough 'why', you can tolerate almost any 'how.'”

The discipline that I have comes from work. I'm trying to apply discipline in all aspects of my life but have failed many times and learned from these failures. Someone who has tried to become disciplined, but has made mistakes and slipped up on their promise, and has let these slip ups hinder their growth as opposed to accelerate it, cannot expect to see positive results in their discipline.

Perspective shift is the first step in acquiring discipline; not seeing failures as losses but as learning opportunities. The last thing I will say that helped me gain discipline was realising why I wanted whatever I was becoming disciplined in in the first place. When you have a strong enough 'why', you can tolerate almost any 'how.' Reminding yourself of this 'why' when you're struggling with the 'how' can be very useful in maintaining discipline.

A large, semi-transparent red number '5' is positioned on the left side of the page, serving as a background for the text.

entertainment



poem of the month

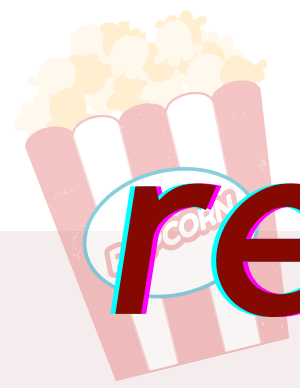
sometimes



*I like to start my sentences with sometimes
I guess sometimes I'm afraid of them defining me
As if once they're written down they're a
reflection of me forever
and sometimes I'm afraid of that commitment*

*Sometimes I wish my words were imprints in the
sand instead of ink on paper
That way each day resets
With an opportunity to take it all back*

*But sometimes I realise
my words are a reflection of a moment
A snapshot of my thoughts
And sometimes
That's more than okay*



recommendations

Hi, I am Lea and I have a passion for recommending things to my friends. No, really. I am constantly looking for new things and love sharing them. So I compiled a list of some of my favorites, for when you feel in need of some new inspiration or you need a quick distraction after an emotional journaling session. So here we go, enjoy!

music

If you're living in Europe, this band probably is somewhat familiar to you since they won the biggest music competition in the world in May: the Eurovision Song Contest. If you're interested in some Italian rock to spice up your everyday life and to make you feel extra cool walking down the street, I highly recommend checking the band **Måneskin** out! Fun fact: they got me to start learning Italian. I couldn't help it. Personal favorites: Zitti e buoni, Beggin' & Coraline



I don't think this woman/band needs a shoutout, but just in case you're not familiar: Put **Sade's discography** on shuffle, enjoy the vibes, and start slow dancing with yourself. Trust me. She makes me feel like nothing else does. The amount of relaxation and ease I get from her music is truly unmatched. Another fun fact: I have the title "Smooth Operator" tattooed on my arm, because that is how passionate I am. Personal favorites: Paradise, Smooth Operator & Tar Baby

Because we all need more comedy in our lives

(A quote by me)

quick laugh



In case you are not familiar with this monumental piece of pop culture, I present you with "Brooklyn 99". Especially, **this cold open**, which forever owns my heart.

This classic SNL sketch





recommendations



Happy (late) pride month!

If you're looking for a heartwarming animated movie "Luca" on Disney+ might be something for you. Bonus points if you manage to not cry on your bowl of pasta (that you're hopefully making to watch this movie).



I discovered the show "Russian Doll" on Netflix a couple of years ago and immediately fell in love with it. It has humor, mystery, interesting characters, and everything you could ask for to be hooked. Not enough people have seen it and they're shooting the second season. Go watch it now and be the cool friend later when all the others find it.

I also want to recommend a special show on Netflix by no one other than Joanna Franco. The perfect comfort and good-vibes show. This show made me want to sell all my things and travel last week.

I hope I did my position as entertainment columnist justice and was able to entertain you for a bit. If you have anything to recommend or simply want to share how obsessed with Måneskin you are now, I am happy to hear from you!

You can reach me on Instagram @Leansdayaddams.

-Lea





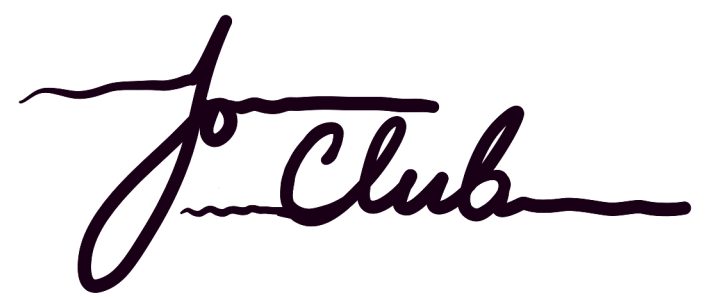
all things joclub

Want more journaling prompts?

Follow us on Instagram for
daily prompts

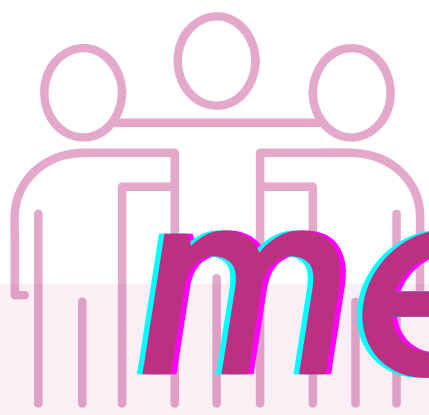


Take a look at our journal
prompt ebooks



We hope you enjoyed this magazine preview! As
a thank you, here are some discount codes:

- Head to our [website](#) and use the code: thejoclubreader at checkout for 50% off the first month of a joclub membership! *Next month becomes \$12*
- Pre-order our first edition (by July 31st), and pay only \$4.99! *After July 31st, the magazine will be \$7.99*



meet the team

Jo

Jo's a multilingual storyteller, travel chick on [Netflix](#), and a builder of online communities rooted in passion from traveling, to journaling, to self-improvement.

Jo is the founder of [JoClub](#), journaling until the pen runs out of ink.

Find Jo at [JoClub.world](#) and on [Instagram](#)

Lea

[Lea Seeg](#) is a creative and comedy writer from Germany currently living in the Netherlands. On her [Instagram account](#) or in her meme/comedy newsletter, she does what she's most passionate about, entertaining people.

Sign up for her newsletter [here](#)
Or read more of her stuff [here](#)

Maryse

[Maryse S. Marius](#) is a creative non-fiction writer documenting her life experiences in words. She loves all things art, business and languages.

Visit her website [here](#)
Connect with her on [Instagram](#)

Maya

Maya is a transportation engineer, tarot reader, and notebook and pen enthusiast.

You can find their blog here: [dreamingoffgrid.com](#) eventually they'll document their off-the-grid house build as well!

Noa

Noa is a recent uni graduate trying to figure out what to do with her life. In her spare time she can be found starting new craft projects instead of finishing the ones she's already started, trying new recipes or writing.

Connect with Noa on [Instagram](#)

Brenda

Brenda is a medical writer and language learning enthusiast.

She is madly in love with journaling, and she works on achieving her dream of becoming a polyglot content creator.

Connect with her on [Instagram](#) and find her blog [here](#)

with
love,

Jo Club