

issue two

The Global Journal

by Jo Club

written by
the JoClub Team
www.joclub.world

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*letter from
the editor*



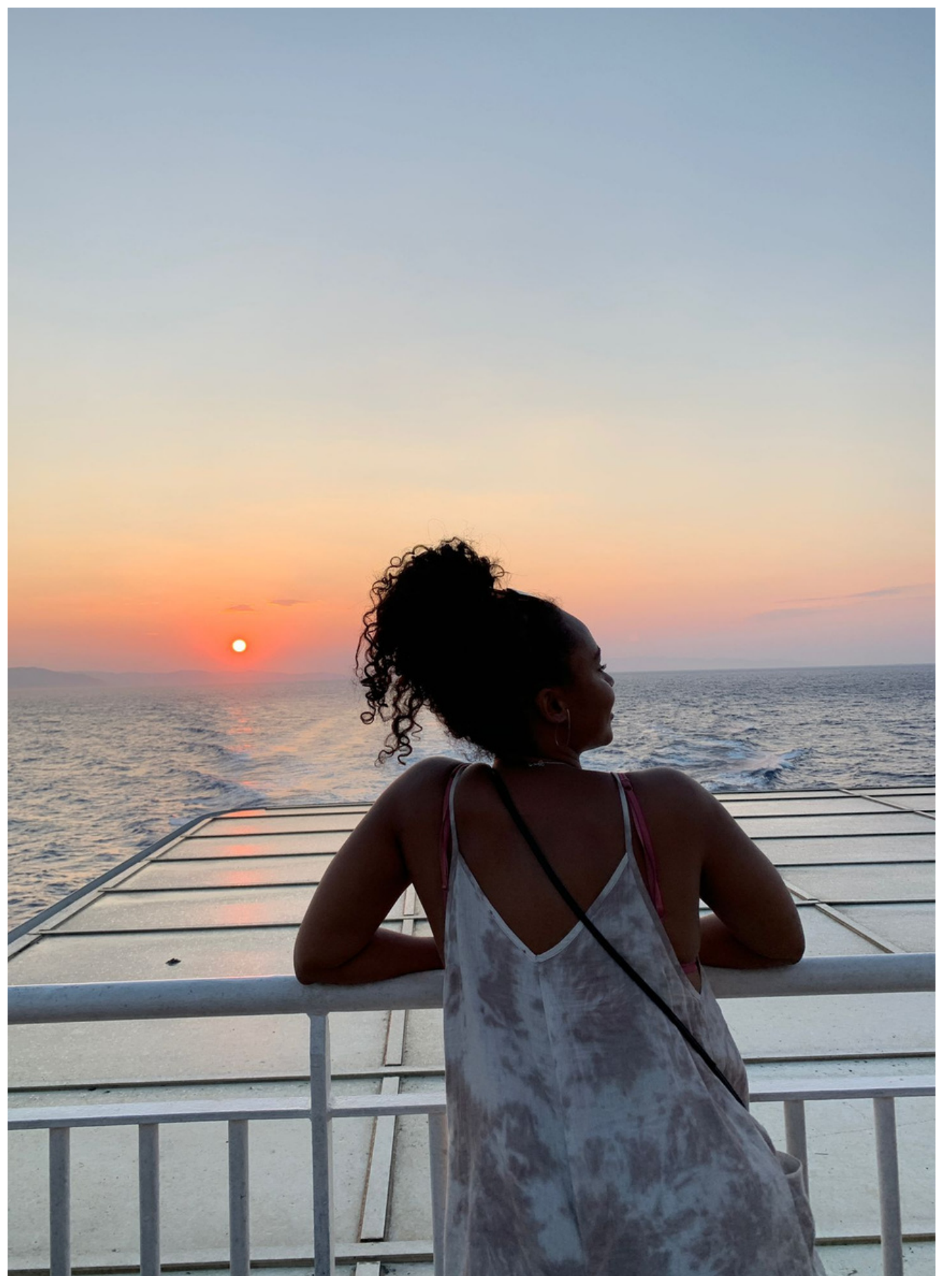
letter from the editor

August 26

It's been a little over a month since I've arrived in Greece and I'm in shock of how fast time passed me by. Δεν θέλω να φύγω... aka I don't want to leave.

All of my plans of visiting museums, and taking excursions were put on pause. I found myself falling in love with the everyday simplicities like sipping a freddo espresso at the square down the street from my temporary home.

In these daily slowdowns, I've realized my style of travel is the furthest thing from "checklist travel." Maybe it's the introvert in me, but I find myself enjoying consistency even when I'm in a new place - there's so much to observe and experience here, why would I pass the opportunity to soak it all in? My grandma always reminded me, "don't be like the fly in the pastry shop." In other words, don't jump around with indecision, make a choice and stick to it.



This month has reminded me that I've had FOMO (fear of missing out) of experiencing JOMO (joy of missing out). I had forgotten how fulfilling it was to spend an afternoon writing in a cafe rather than run around the city to say I've seen the thing you're "supposed to see."

*After a dark Winter,
and a quick Spring,
I'm riding out the last
wave of Summer
feeling like all the
seasons were
necessary for me
to feel at peace.*



Despite having bought my house last year, I've remembered how much travel is in my veins, how it shapes me, inspires me, and always leaves me wanting more. To say I have my next moves figured out would be a flat out lie, but one thing is certain: I'm not stopping anytime soon.

This month, I'd love to focus on creativity, unlocking all those ideas that have been blocked for one reason or another.

As Fall rolls around, let it be an invitation for new beginnings. It's the perfect time to close the door on things that block your growth. I know I have.



Questions I'd love for you to ask yourself:

What's been nagging away at you?

What ideas need to see the light of day?

Some things I've been reading: my old journals, read some of yours too!



Quote of the month:

*"You can't use up creativity.
The more you use the more you have."*

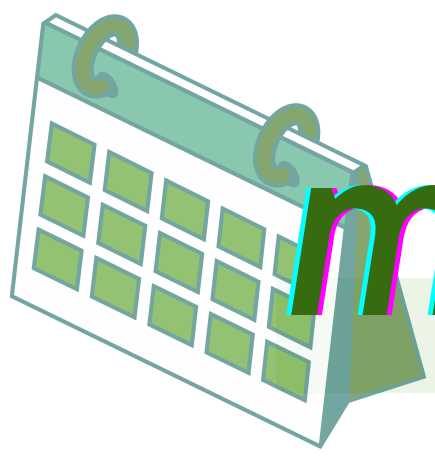
-- Maya Angelou

*Off to Brazil tomorrow! Stay tuned for more introspection,
and food for thought.*

Jo FRANCO



*all things
journaling*



monthly check-in

For many, September is the month of new beginnings and new routines. It's like a second New Year of some sort. But wait! - Super cool fact: It's actually Jewish New Year - Rosh Hashanah.

When we think of September, we think of the new school year. With that, families often adjust their own routines.

For this month, let's ponder on and write about this:

What is one thing that you can add to your routine to make you happier, healthier or more productive?

When you're done, read it and do it.



journaling tip

back to the future

With every new beginning comes a chance to co-create a new reality. It's like we're given a magical reset button and our lungs are filled with fresh air. The thing is, it can be a fleeting feeling and sooner than later, what once was new starts to feel old again, and nothing has changed.

That's when journaling comes in to save the day.

When starting a new path, it's important to get some clarity as to where we're headed, so that our steps are in full alignment with what we want to manifest.

So, when you're filled with brand new energy, try this:

First, create a vibe with a chill playlist, light a candle or burn some incense. Ground yourself in your body, take some slow breaths and start to picture your future self a month from now



(or whatever time frame feels good for you) in the reality you want to create. Step into your future self's shoes and don't be afraid to go into that "dreaming awake" state. Really take your time to embody the sensations and feelings, more than just visualizing it.



journaling tip

back to the future

What does your life look like? What are your routines? How are you feeling? What are you grateful for? What small steps did you take to get to where you are? What guidance do you have for your "September 2021" self?

When you're done, put pen to paper and describe what you saw and felt. Be it super detailed or a little more vague (just with simple key-words, for example), flow with what comes naturally to you.

That once abstract foggy vision is now tangible on paper, and not only do you have a much clearer idea of where you're headed, but also what daily (baby) steps you can take that are in alignment with that reality. (If you want to, it's also a great idea to create a mood-board that evokes the feelings of your vision, and put it someplace you can see it every day).



Deep breath in. Slow breath out.

Remember:

Your future self started exactly where you're at.

- Rita

prompts from the cards

Quick Start Guide: I keep ending up writing these columns from motels, AirBnBs, and relatives' couches. Each of the brief chances that I got to travel a *tiny* bit this summer have been between small life transitions for me. Between semesters and summer jobs, each time has been a small new beginning. I feel like this month's readings are very much in the spirit of new beginnings and I hope that you find something useful, or at least entertaining. I pulled a card for each astrological sign and channeled a little message and journaling prompt for you. Enjoy! --Maya <3



ARIES
(March 21 - April 19)

TWO OF CUPS
Oftentimes new beginnings can mean for us the start of new relationships, or strengthening our existing ones. The Two of Cups tells us to think about the partnerships and people who we cherish the most. Aries, I think this is a good time to start opening yourself up to give and receive love. I know that can be pretty scary sometimes though.

Prompt: Write about your thoughts and beliefs around emotional and physical intimacy.



TAURUS
(April 20 - May 20)

THREE OF PENTACLES (reversed)
Have you been feeling a little stuck or unmotivated in your daily life? Maybe you're having a hard time cooperating with others or are just not as excited about a project than you thought you'd be. Maybe this is a sign to look at the project in another way, or to reevaluate your next steps.

Prompt: What are you doing when you feel the most energized?

GEMINI
(May 21 - June 20)

KING OF SWORDS
You are someone who is highly intelligent and a great leader. Even if you might not believe that right now, the potential is there and others see it too! This is your sign to step into this month ready to embrace this powerful side of you and just see where it takes you.

Prompt: What strengths do you notice in yourself? List them out!



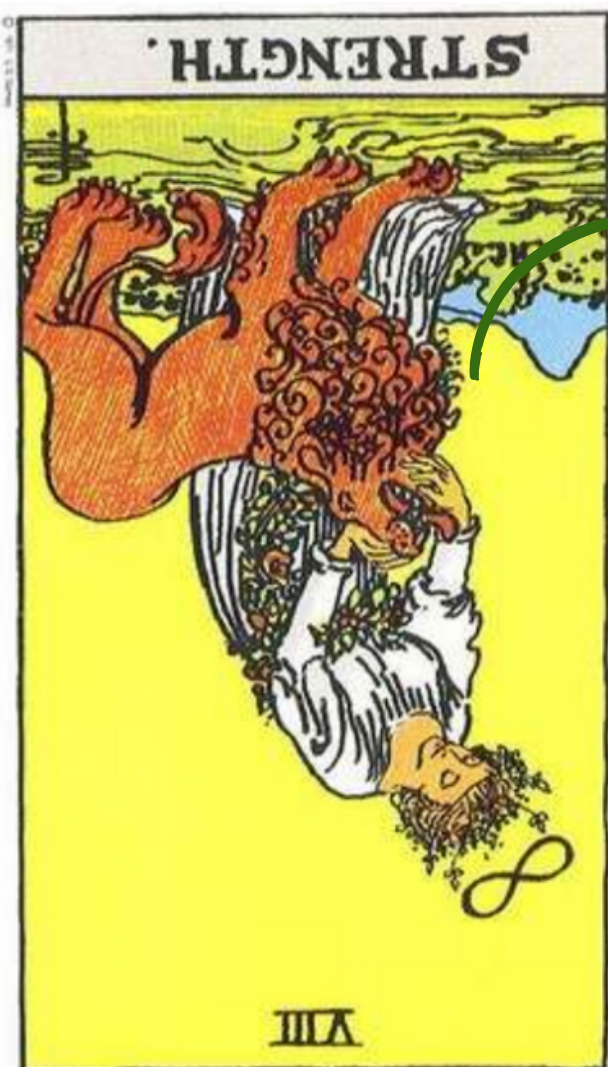
CANCER
(June 21 - July 22)

THE HIGH PRIESTESS
The High Priestess is a tricky card, but she is here to tell you that you are a highly intuitive person. Each of us are all tiny universes, full of complexity and many truths. You have a gift that you are also able to recognize this about you and the people around you. I invite you to try to embrace the uncomfortability that can come with uncertainty and learn to trust yourself.

Prompt: What is a book that you wish was written?



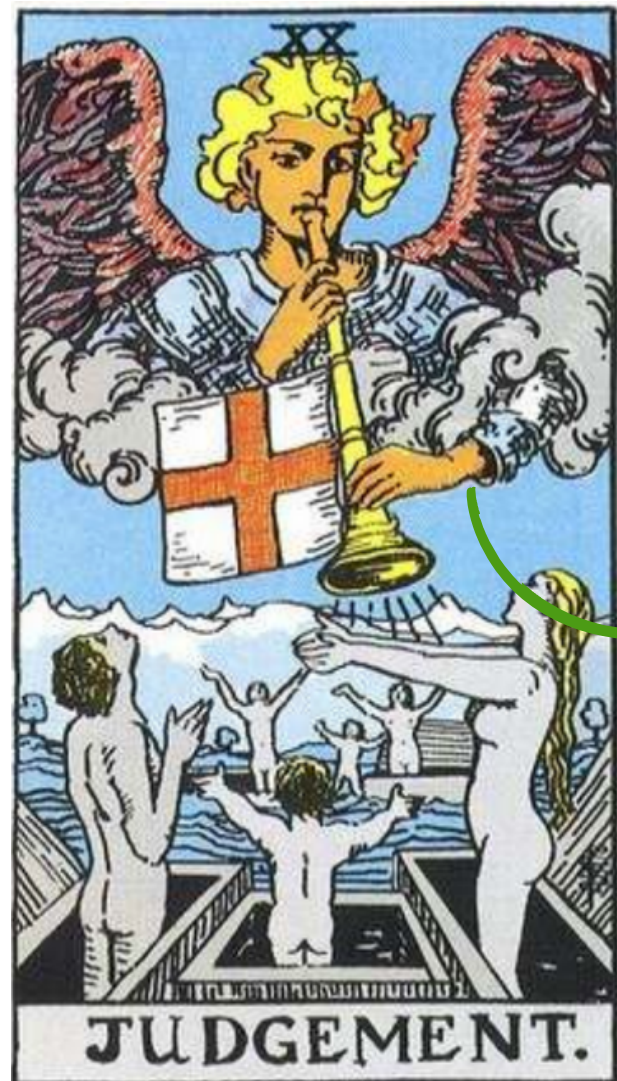
prompts from the cards



LEO
 (July 23 - August 22)

STRENGTH (reversed)
 For some reason, Leo, the first thing that came to mind when I saw this card was either hesitation or self doubt. Strength is one of my all time favorite cards because either upright or reversed, it encourages us to embrace that prickly side of us that we might not want to. It might just be me, but when I feel the most confident is through radical self acceptance.

Prompt: Write about your fears about the future, and try to reframe these fears.



VIRGO
 (August 23 - September 22)

JUDGEMENT
 Sometimes the invitation to step into a new beginning comes to us as a nameless pulling urge to go for it. The Judgement card isn't necessarily telling us about calls to action, but calls for change. This is a good time for deep self reflection as you step into this new phase you're entering.

Prompt: What do you feel is your calling? (Feel free to revisit this question often!)

LIBRA
 (September 23 - October 22)

QUEEN OF SWORDS
 There is strength in honesty. I think that we sometimes hesitate to provide the unflinching honesty that the Queen of Swords represents because it means that sometimes we have to tell people things they don't want to hear. As the saying goes though: the truth sets us free.

Prompt: What am I afraid will happen if I tell people about my wants and needs?



SCORPIO
 (October 23 - November 21)

THE EMPEROR
 I don't know what about you, Scorpio, but a very large chunk of my journal is just me trying to piece together the practical ins and outs of my days. To-do lists, narratives about how my day is going, and 5-year plans. This is all the realm of the emperor. If you're feeling a need to get in better control of the practical parts of your life, this month is a great time to get started.

Prompt: What's your plan of action?



prompts from the cards



SAGITTARIUS

(November 22 - December 21)

NINE OF CUPS

Sagittarius!! You're entering a time of emotional satisfaction and personal growth. Take some time to release the emotional baggage that is holding you down. Perhaps some things that you've been manifesting are starting to come into fruition. Enjoy the blessing that this card is inviting in.

Prompt: Write about your emotional needs.



CAPRICORN

(December 22 - January 19)

NINE OF SWORDS

The swords suit is all about our minds and intellect. While our minds are these amazing organs that allow us to do so much, sometimes it makes us focus too hard on the negative sides of life as a means of protection. I am getting a sense that the rumination that is coming up from the nine of swords is in the past and might be holding you back a little bit.

Prompt: List out three affirmations that you can tell yourself throughout this month.

AQUARIUS

(January 21 - February 18)

SEVEN OF SWORDS

People don't always have the kindest intentions. I think that we have been both unkind and on the receiving end of someone else's unkindness or dishonesty. The Seven of Swords reminds us that there's a reason why we tend to have a hard time with trust. This isn't to say that it's good to be closed off from others, but perhaps more selective with what we share with others in the future.

Prompt: What frightens you about relationships and/or friendships?



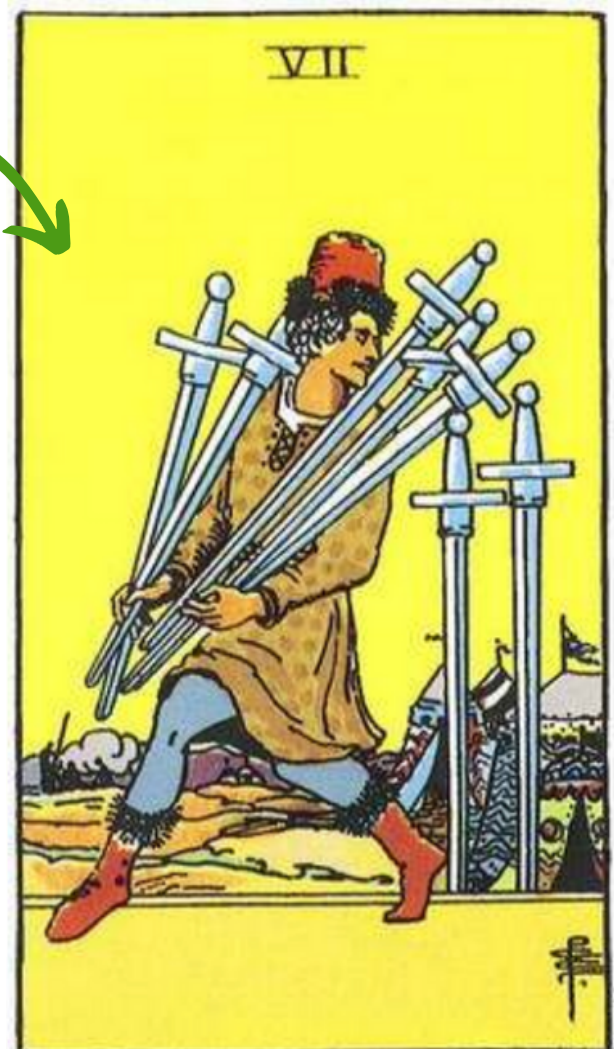
PISCES

(February 19 - March 20)

QUEEN OF CUPS

The Queen of Cups is the queen of the emotional realm. She is an intuitive and nurturing archetype, which are qualities that we all possess to some extent. This queen reminds us to balance both the emotional and spiritual needs of others with your own. Always remember: you can't pour from an empty cup.

Prompt: What healthy boundaries have you set in the past? What makes these boundaries effective for you?





joclub
global



featured country

GERMANY

*Germans aren't funny.
Period.*

At least this is a common stereotype or association people have with the country of Germany. Ironic that this is mostly coming from people who think just because they're screaming a word in German it is peak comedy. It's not. We do not yell KRANKENHAUS (hospital), we are in fact able to pronounce our words non-aggressively and calmly. Other things that might have come to your head when thinking about Germany may be beer or cars. Here I must add, this is true. A lot of people identify themselves with this.



Also, because I am originally from a town close to Stuttgart (where Mercedes-Benz and Porsche have their headquarters and the car was invented) and the obsession and almost patriotic love people have for their hometown cars is astonishing. In a creepy way.

But enough with debunking stereotypes, we are all here for my personal story and connection with the country. Which is far easier said than done.

I grew up in a rather small town in the south of Germany with, as I said, a lot of cars, beer and also nature. It's prestigious and it's definitely one of the top places to grow up. The education is good, it's (mostly) safe and calm. A little too calm for me personally. I have always had big dreams, working in the music industry, being an artist, comedian, creative, and so on. The sky was always the limit.



featured country

GERMANY

I was ambitious and hard-working, which is a stereotypical German trait. But I was also artistic and open to adventures, like pursuing a creative career. I am a dreamer. Which aren't German traits. At least traits that aren't encouraged. Funny, since some of the greatest artists and inventors are from Germany. Weren't they dreamers as well?

Germany is a country where the safe and most efficient path is the one everyone is encouraged to be on. And please, just stay on that way and don't cause too much trouble looking for your own path.

Don't get me wrong, for people who strive for "normal" jobs, (I couldn't find a better way to put it, but I mean non-creative or conventional jobs) it truly is the perfect country.

Being an employee in Germany is a dream but building a business by yourself is hell. I love the work ethic, ambition, and accuracy that you are taught in Germany. It definitely gets you places.

It can also be very toxic.

I noticed toxic patterns in myself that were definitely a result of growing up in Germany. I had to and still have to learn to take a break- to learn that I don't always have to function at 100%, and that it's fine to not be perfect.

But let's come back to the statement that Germans aren't funny and my statement that dreaming isn't really encouraged in Germany. It's of course not true. Even though I spent most of this article kind of trash-talking the country and portraying it as a hardworking yet grey and non-creative country, there is a completely different side.

“I don't always have to function at 100%...it's fine to not be perfect.”



featured country

GERMANY

Of course, there are art scenes, music, comedy, theatre. A lot of cultural activities can be found in almost every part of the country and the people LOVE IT. Huge music festivals, stand-up comedy, and so on.



People love attending it! And it's of good quality in most cases. This is something I love about Germany: it's cultural and artistic variety.

But maybe the reason I always wanted to leave is the

hypocrisy that people love art and culture, but don't want to see you pursuing a career in it.

I started writing this text a couple of times but always ended up coming back to this one topic. Dreaming. It's somehow the first and deepest thing I connect with my home country. It's also something that keeps me going. I want to "make it" despite the doubt from the people in my hometown.

- Lea

Disclaimer: Of course, I also have tons of understanding people in my life and this is not meant as negative as it may sound. I let my thoughts run free and came to the conclusion that it's best to just keep it raw and honest instead of making me write about something I am not relating to.

*Where am I from?
Göppingen, Germany*

Where is it?





featured country

GERMANY

What to do in Germany (around where I am from):

Visit countless castles, ruins, and museums covering everything from the Jurassic age, roman empire until today.



Hike around my hometown
in the Swabian alps



Visit the library or vineyards in Stuttgart



Visit "Burg Hohenzollern", a beautiful castle that feels like you're walking through a real-life Hogwarts



If you are interested in cars-
Mercedes-Benz museum
Stuttgart

Next month, Hanna takes us to





polyglot journaling

What are your intentions right now?

It's August 11th 2021 today.

Avant tout, je pense que ça aurait plus de sens si je modifiais un peu le thème du jour. Au lieu de mettre à plat mes intentions à cet instant, ce serait plus pertinent (voire plus amusant) de faire part de mes intentions à moyen/long terme.

As a language learner, the magic would be to break all the language barriers in my head, to write my thoughts as they come to my mind. Having the possibility to let it all out as pure and rough as it is in my head, I can face personal truth surrounded with a 360° perspective offered by the languages and their characteristics.



Así, consigo divertirme y hacer que el proceso de cambiar de idiomas sea más fluido. Mi escrito se convierte entonces en un «je ne sais quoi» sin sentido que me gusta consultar porque me recuerda que lo gracioso y divertido se encuentra en las cosas pequeñas e inesperadas.

Mais je m'égare...

Mon intention se dirige vers le « journaling » ... (appelons-le « journaling 360° »). Je veux créer un espace d'expression totale où la seule règle sea romper las barreras de los idiomas. En un solo día pasamos por tantas cosas dentro y fuera de nosotros que, en ocasiones, se necesitamos encontrar la forma de sacarlo todo, de expresarlo. La manera que yo he encontrado, por ahora, es esa.



polyglot journaling

I allow myself to free my mind and get crazy on this because we (mind and I) need that special moment to disconnect and reconnect right after.

Génial... ça n'a aucun sens, et c'est génial.

And the interesting part of it is that there isn't space for perfectionism here. So o aproveitamos do momento presente. Esta tudo bem aqui. A pesar del montón de errores que cometo. Pero nada... No pasa nada porque it's a free place para expresarse.

“D'un point de vue plus profond, ce concept permet également de ne pas chercher à être compris, mais plutôt de trouver un langage personnel pour se comprendre soi-même.”

Nous avons tellement à offrir en tant qu'être humain, apprendre à se « décoder » ouvrirait plus facilement les voies de la réussite et du succès.

So, no more words for today. Tomorrow is another day to put this new intention into practice.

Allora, ci vediamo domani!

Alvin

[@mobile_the_explorer](#)



around the world



*Mexico is unique in its contrasts.
Just a few km away from the chaotic
capital, Mexico City, you can find places
like this, Tepoztlan, and enjoy the peace
of the mountains and nature.*

Brenda (@brens.13)

*Big Sur, CA
Maya (dreamingoffgrid.com)*



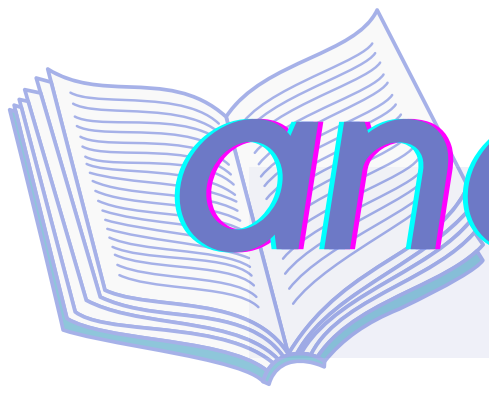
*Squeaky Beach, Wilson's Prom
(Australia)*

*Yes, the sand actually squeaks
when you walk on it!
(@writingsbynoa)*

*"A picture from when I decided to
be a tourist in my own country. -
Armação de Pêra, Portugal
Rita, (@_ritabarata)*



*mental
health*



anonymous entry

How is the variety of people I expose myself to affecting my life?

Something about my life which I think is relatively unique is the fact that I associate with so many different groups of people, and spend time with so many different types of people.

Almost everyone I know personally associates with one, maybe 2 types of people- people interested in one genre of things as opposed to a multitude.

Although I think it's important to find a group of people who you identify with, I think it's harmful to get all your knowledge and information on all different topics from the same group of people, who are only



knowledgeable on whatever they are interested in, which is usually only a couple of things. This leads to having a very one dimensional view, as they will generally have similar perspectives, and levels of knowledge on everything.

But if outside of the type of person who you identify with, you are also not closed off to mingling with different types of people, then you will become a far more multi-dimensional, well-rounded, relatable person.

The thing which I know makes me the person who I am today, is the fact that I talk to and spend time with many different kinds of people.



anonymous entry

People of different religions, ethnicities, interests (from musicians to boxers to football players to introspective people into self-improvement), of different ages, mindsets and almost any other difference there is to have, and I think this is why I've been able to adopt quite a well rounded and varied state of mind and personality.

"I always listen with the intent of understanding"

But exposing yourself to many different people doesn't guarantee this well-roundedness. I think the only reason I feel I've been able to develop it is because whenever someone speaks, no matter how much I have disagreed with them in the past or how different they are to me, I always listen with the intent of understanding their point of view, as opposed to listening with the intent of replying and proving them wrong.

I think many people remain one dimensional or lack variety in their personality and views, because even when exposed to people different to them, they don't take the time to listen with the intent of understanding, which I think is often because they're scared of being proved wrong and having to question their underlying beliefs, and if they have had these beliefs for a long time, it would make them question their lives for as long as they've had these beliefs.



anonymous entry

The ego, fear of being wrong, is what stops so many people from expanding and growing through other people, which is a sad reality for many people. However, on the other side of the coin of being too rigid in your beliefs and never being willing to adopt a new perspective, is the risk of being too flexible in your beliefs and almost adopting anything that you are told as the truth, which is course is pointless as you'll never know what to believe due to the huge variety in opinions out there.



The way I have found balance between being open minded to fresh perspectives, while not being too impressionable, is by listening with the intent to understand while having a rigid set of core values which I don't sway from under any circumstances. This acts as a foundation for the building of your mind and knowledge, and allows you to be able to listen to people with the intent of understanding, while not being at risk of being swayed too easily as your core values are not malleable which removes the risk of any kind of brainwashing.

This is of course a balancing act and a fine line, but once this line has been found it opens up so much opportunity to properly learn and grow through other people without being easily influenced.

A large, solid purple number '5' is positioned on the left side of the page, partially overlapping the word 'entertainment'.

entertainment



poem of the month

Indigo

Indigo indigo

Strange strange youth

Indigo indigo

I use to blame you

Indigo lies

Indigo skies

Indigo eyes

Look me up and down

Let the leaves put on their rouge

Indigo Indigo

I use to blame you

Consecrated lies

Will soon be under root



recommendations

Hello again, it's your designated entertainer Lea. For this month's edition, I again handpicked some entertainment pieces. Let them help you get your mind off of things, relax after an intense journaling session, or simply discover some new pop culture.



music

My favorite type of experiencing music is through both the music itself and visuals. I live for music videos, cover art, and every detail an artist chooses to represent their message. This month, I am introducing you to two of my favorite artists who combine their musical genius with visual artistry.

The two following artists are of course incredible in an audio-only format, but they allow you to step into a different world when looking at their visuals as well.

Enjoy these two "discover and listen to until 3 am without a break" artists!

Joy Crookes:

She's the type of artist that makes you feel incredibly lucky you discovered her and can now witness her art.

Listen to her music:

[Feet Don't Fail Me Now](#)

[Two Nights \(DIY\)](#)

Tamino:

He's the type of artist you can have on repeat for hours and it still feels as if you just put him on.

Listed to his music:

[Habibi](#)

[Tummy](#)



recommendations

movies/shows



I saw a Tik Tok saying the theme of 2021 is "queer, chaotic Europeans" and I am very down for it. If any of these attributes speak to you, make sure to check out the Netflix original "Young Royals".



Even if they don't, it's a great show with interesting characters, and surprisingly real and raw actors.

Bonus: Scandinavian aesthetic.



Another show I am recommending here is a (sadly) underrated classic.

It's "Community".

A chaotic but extremely likable sitcom about a mixed bunch who met at community college.

It's weird, but the good kind.



recommendations

*Because we all need more comedy in our lives
(A quote by me)*

quick laugh

*For a quick laugh (in hard times) watch the
following two videos:*

[Chad & RuPaul - SNL](#)

[Disney Channel Acting School - SNL](#)



*I hope this section managed to bring some joy, entertainment, and
new inspiration to your day!
Until next time. <3*

You can reach me on Instagram [@Leansdayaddams](#).

-Lea





Want more journaling prompts?

Follow us on Instagram for
daily prompts

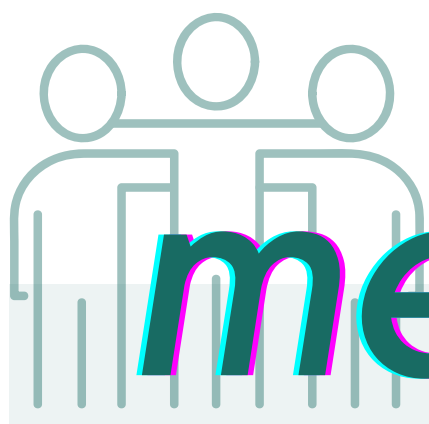


Take a look at our journal
prompt ebooks



***We hope you enjoyed this magazine
issue, as a thank you, here's a
membership discount code:***

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



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](#).

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](#)

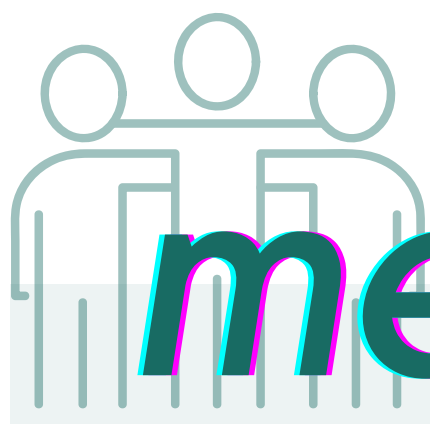
Connect with her on [Instagram](#)

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](#)



meet the team

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](#)

Rita

Rita is a Portuguese (soon-to-be published) writer, artist and therapist living abroad. She quit trying to define her life purpose and is now simply committed to following what lights her up, which usually is everything self-knowledge, spirituality, journaling, aligned businesses and creative expression.

Connect with her on [Instagram](#) and listen to her songs on [Spotify](#) and [YouTube](#).

*with
love,*

Jo Club