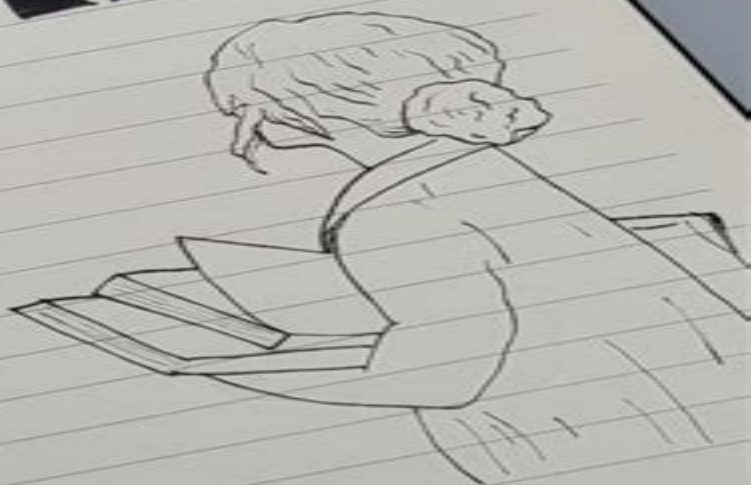


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mean to be too direct but it is time for you to discover why you feel the way you do and then figure out what to do about it

The great thing about a lined journal is you can make it into anything you want A day timer diary or a notebook for school etc

If you need to write something down a journal is the tool you need If you want to use it for more than just a notepad then keep reading

Benefits Of Keeping A Journal

Almost every successful person seems to have kept a journal in one form or another Success in this case is not defined by money but overall happiness Whether or not they called it journaling doesn't matter as they kept a record of their goals success failures feelings and their daily life Your journal contains the answers to your most burning questions It is literally the best self help book you could ever read

Just some of the benefits of journaling are

- Allows you to reflect on your life and the changes you are choosing to make or not make
- Clarifies your thinking and as Tony Robbins says Clarity is Power
- Houses all your million dollar ideas that normally get lost in all the noise of life
- Exposes repeated patterns of behaviors that get you the results you DON'T want
- Acts as a bucket for you to brain dump in a cluttered mind leads to a disorganized life
- Revisits daily situations giving you a chance to look at it with a different perspective
- Doesn't crash and lose everything you put into it like electronics just like electronics though don't get it wet

You may want to keep multiple journals

- One that contains your truest and most secret feelings that you guard heavily but need a way to express
- Another that contains all those fantastic ideas dreams and awesome goals Maybe just something you doodle in

No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life

How To Use A Journal

Let's look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal

It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words

Let the words flow from the heart and be filled with emotions no holdbacks

Make a daily journaling schedule

Each and every day take the time to record your thoughts morning and night

If you love to type notes into your phone all day transfer them to your journal after

Sit in a quiet spot and allow yourself to be judgement free

Your journal is not a reason to turn yourself into an emotional punching bag

Start small

You do not need to write a specific number of words

Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility

If you write in your journal like someone is going to read it you will ever allow yourself to fully express what needs to be expressed

Write like no one will ever read it because it is likely no one ever will unless you want them to

Write how you loved something were mad at someone wished something was different or anything you need to

Just do it

Start today writing in your journal

You could even put

Today I bought this awesome journal and will recommend all my friends do the same

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