

JOURNALING

A journal can be your personal sanctuary, a place to release thoughts, emotions, dreams, discover insights and issues that might stay hidden. It includes the journey of the mind, heart, body, and soul. It can become a constant source of guidance, healing, and empowerment.

What do you use the journal for?

- 🧠 To transfer your daily mental chatter from your mind to the page.

What will journaling do for me?

- 🧠 To retreat for a moment and connect with parts of yourself that might not get a chance to be heard. The journal almost writes itself as thoughts and insights come tumbling out, enjoying the opportunity to be expressed.

Are there journaling side effects?

- 🧠 Journaling can unleash many things—memories of the past, repressed emotions, long-lost dreams, realizations that you are in a job or relationship that is unhappy for you, just to name a few. Once the words are out onto the page, it's near impossible to pretend that what has come up doesn't exist.

What's the difference between a diary and a journal?

- 🧠 A traditional diary records daily events. Journaling goes beyond the surface. It not only allows you to express and acknowledge your frustrations, but also

helps you to discover why you are feeling a certain way and what to do about it. Journaling is a life tool.

How do I Journal?

- 🧠 Literally go with the flow. Don't force anything, and don't repress anything. Don't worry about spelling or grammar. Write freely no one else will be reading it. Write whatever is inside your head also writing about the feelings and emotions you associate with it.

Do I have to journal every day?

- 🧠 Just like physical exercise, the more regularly you do it the greater the benefits.

What if I don't have time to Journal?

- 🧠 Just getting up or going to bed 15 minutes earlier or later could be enough.

Am I supposed to re-read my journal at any time?

- 🧠 Whether you do or not is your personal choice. The more time that has lapsed between the time of writing and reading it the clearer perspective you will have.

Do I let other people read my journal?

- 🧠 No, writing a journal knowing that other people will read it influences what you write and in turn affects the benefits you could be receiving.





What about journaling online?

- 🧠 No, it is too easy to edit what you are writing, which defies the purpose.

Journaling tips

1. Keep your journal out where you can see it.
2. Set aside a regular time for picking up that pen.
3. It is OK if you miss a day!
4. If you miss a day no problem, get up the next day and keep going.
5. Date your entries. Reading something you wrote two or ten years ago and seeing how far you have come may be empowering.
6. Don't worry about spelling or grammar, etc.
7. Write freely. Don't edit yourself. It is meant to get negative thoughts out of you and onto the paper.
8. Sometimes it feels worse before it feels better. It is almost impossible to ignore frustrations or situations that need changing especially once you see them in writing in front of you.
9. Push your pen. Let your thoughts led you to delve deeper into your soul.

