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Are you harnessing the power of a journal?

If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a *journal*. I don't 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.

Or you can just write stuff in it! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, 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 because it is all about you. 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.” Wink Wink

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Paul Blecha:

A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent 24 hours a day to reading a book. The book My Daily Journal: Orange Abstract, Lined Journal, 6 x 9, 200 Pages it is very good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore easily to read this book through your smart phone. The price is not too costly but this book has high quality.

Carlos Callahan:

People live in this new moment of lifestyle always make an effort to and must have the time or they will get wide range of stress from both day to day life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, often the book you have read will be My Daily Journal: Orange Abstract, Lined Journal, 6 x 9, 200 Pages.

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