



Journal Your Life's Journey: Abstract Background 15, Lined Journal, 6 x 9, 100 Pages

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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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Thomas Garcia:

As people who live in the modest era should be upgrade about what going on or facts even knowledge to make all of them keep up with the era that is certainly always change and progress. Some of you maybe will update themselves by looking at books. It is a good choice for you but the problems coming to anyone is you don't know what type you should start with. This Journal Your Life's Journey: Abstract Background 15, Lined Journal, 6 x 9, 100 Pages is our recommendation to make you keep up with the world. Why, as this book serves what you want and need in this era.

James Fox:

The feeling that you get from Journal Your Life's Journey: Abstract Background 15, Lined Journal, 6 x 9, 100 Pages is a more deep you excavating the information that hide inside words the more you get considering reading it. It doesn't mean that this book is hard to know but Journal Your Life's Journey: Abstract Background 15, Lined Journal, 6 x 9, 100 Pages giving you buzz feeling of reading. The article author conveys their point in particular way that can be understood simply by anyone who read it because the author of this guide is well-known enough. This particular book also makes your own vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We advise you for having that Journal Your Life's Journey: Abstract Background 15, Lined Journal, 6 x 9, 100 Pages instantly.

Alexandra Stafford:

In this era globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The book that recommended for you is Journal Your Life's Journey: Abstract Background 15, Lined Journal, 6 x 9, 100 Pages this publication consist a lot of the information with the condition of this world now. This particular

book was represented so why is the world has grown up. The words styles that writer use to explain it is easy to understand. Typically the writer made some analysis when he makes this book. That is why this book acceptable all of you.

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