8 Easy Tips To Start Journaling

Journaling is a great way to clear your mind, put your personal truths on paper and documents amazing thoughts and ideas! Plus, it's fun! Here are 8 easy peazy tips to get you starting on your journaling journey!





- [ ] Protect your privacy - Always reserve the first page for your name and number in the off chance you ever lose your journal. If you prefer electronic journaling consider opening a separate

- [ ] Date Your Entries - If you are only able to establish ONE habit when it comes to journaling, make sure that dating your journal entries is that habit

- [ ] Keep and read what you write - This can be very helpful when you are using journaling to process emotions or going through a difficult time. It is always nice to loo

- [ ] Be truthful - Your own personal truth is not your enemy. You are only writing for yourself so write what is truly on your heart and mind. If you are worried about some

- [ ] When you start, don't stop. When you start a new entry don't stop writing until you've goggten everything out and onto paper as you wanted to. Let everything flow out naturally.

- [ ] Write Naturally - The best thing about journaling is that there are no rules and nothing dictating how you have to write. Don't overthink how or what you are writing.

- [ ] Start with a quick meditation moment. Close your eyes, take a deep breath and spend a moment doing a quick meditation to get you in the mood for a writing session.

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