



Journal Your Life's Journey: Useful Torn Card 2, 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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Gerald Warfield:

People live in this new time of lifestyle always aim to and must have the time or they will get wide range of stress from both daily life and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not just a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will probably unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read will be Journal Your Life's Journey: Useful Torn Card 2, Lined Journal, 6 x 9, 100 Pages.

Dorothy Walker:

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Oren Nelson:

This Journal Your Life's Journey: Useful Torn Card 2, Lined Journal, 6 x 9, 100 Pages is great book for you because the content that is certainly full of information for you who else always deal with world and get to make decision every minute. This kind of book reveal it information accurately using great manage word or we can claim no rambling sentences included. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but challenging core information with attractive delivering sentences. Having Journal Your Life's Journey: Useful Torn Card 2, Lined Journal, 6 x 9, 100 Pages in your hand like keeping the world in your arm, information in it is not ridiculous a single. We can say that no book that offer you world within ten or fifteen small right but this guide already do that. So , this is good reading book. Hey Mr. and Mrs. occupied do you still doubt that?

Jacqueline Lewis:

In this particular era which is the greater particular person or who has ability in doing something more are more special than other. Do you want to become among it? It is just simple strategy to have that. What you need to do is just spending your time not very much but quite enough to have a look at some books. One of the books in the top list in your reading list is actually Journal Your Life's Journey: Useful Torn Card 2, Lined Journal, 6 x 9, 100 Pages. This book and that is qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking upwards and review this book you can get many advantages.

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