



Journal Your Life's Journey: Blue Space Underwater 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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Blanche Dobos:

Reading a book to become new life style in this calendar year; every people loves to go through a book. When you study a book you can get a great deal of benefit. When you read publications, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you would like get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, these us novel, comics, and also soon. The Journal Your Life's Journey: Blue Space Underwater 2, Lined Journal, 6 x 9, 100 Pages will give you a new experience in examining a book.

Harry Thomas:

This Journal Your Life's Journey: Blue Space Underwater 2, Lined Journal, 6 x 9, 100 Pages is brand-new way for you who has interest to look for some information mainly because it relief your hunger info. Getting deeper you in it getting knowledge more you know or you who still having small amount of digest in reading this Journal Your Life's Journey: Blue Space Underwater 2, Lined Journal, 6 x 9, 100 Pages can be the light food to suit your needs because the information inside that book is easy to get by simply anyone. These books develop itself in the form that is certainly reachable by anyone, that's why I mean in the e-book web form. People who think that in reserve form make them feel drowsy even dizzy this e-book is the answer. So there is no in reading a guide especially this one. You can find what you are looking for. It should be here for you. So , don't miss it! Just read this e-book variety for your better life as well as knowledge.

Elizabeth Acker:

Within this era which is the greater person or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple solution to have that. What you are related is just spending your time almost no but quite enough to possess a look at some books. One of the books in the top collection in your reading list is Journal Your Life's Journey: Blue Space Underwater 2, Lined Journal, 6 x 9,

100 Pages. This book that is qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking way up and review this guide you can get many advantages.

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