



Journal Your Life's Journey: Hand Heart, 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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Homer Smith:

Information is provisions for individuals to get better life, information presently can get by anyone in everywhere. The information can be a understanding or any news even a problem. What people must be consider whenever those information which is inside former life are challenging to be find than now could be taking seriously which one works to believe or which one the actual resource are convinced. If you have the unstable resource then you buy it as your main information there will be huge disadvantage for you. All those possibilities will not happen inside you if you take Journal Your Life's Journey: Hand Heart, Lined Journal, 6 x 9, 100 Pages as the daily resource information.

Rosemary Till:

Reading a reserve tends to be new life style in this era globalization. With examining you can get a lot of information that can give you benefit in your life. Together with book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire all their reader with their story or their experience. Not only the storyline that share in the ebooks. But also they write about the data about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors on this planet always try to improve their ability in writing, they also doing some exploration before they write to their book. One of them is this Journal Your Life's Journey: Hand Heart, Lined Journal, 6 x 9, 100 Pages.

Jo Melvin:

This Journal Your Life's Journey: Hand Heart, Lined Journal, 6 x 9, 100 Pages is great book for you because the content that is full of information for you who also always deal with world and possess to make decision every minute. This specific book reveal it data accurately using great arrange word or we can say no rambling sentences within it. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but tricky core information with beautiful delivering sentences. Having Journal Your Life's Journey: Hand Heart, Lined Journal, 6 x 9, 100 Pages in your hand like getting the world in your arm, information in it is not ridiculous a single. We can say that no publication that offer you world throughout ten or fifteen small right but this reserve already do that. So , this is certainly good reading book. Hey Mr. and Mrs. hectic do you still doubt this?

Lisa King:

What is your hobby? Have you heard which question when you got college students? We believe that that concern was given by teacher on their students. Many kinds of hobby, Everyone has different hobby. And you also know that little person including reading or as reading become their hobby. You should know that reading is very important and also book as to be the factor. Book is important thing to increase you knowledge, except your own teacher or lecturer. You discover good news or update regarding something by

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