



Journal Your Life's Journey: Micro Crystals 19, 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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Roger Bennett:

As people who live in the actual modest era should be change about what going on or facts even knowledge to make them keep up with the era which is always change and move ahead. Some of you maybe will update themselves by examining books. It is a good choice in your case but the problems coming to an individual is you don't know which you should start with. This Journal Your Life's Journey: Micro Crystals 19, Lined Journal, 6 x 9, 100 Pages is our recommendation to help you keep up with the world. Why, since this book serves what you want and need in this era.

Kirby Paradiso:

The experience that you get from Journal Your Life's Journey: Micro Crystals 19, Lined Journal, 6 x 9, 100 Pages is a more deep you searching the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to understand but Journal Your Life's Journey: Micro Crystals 19, Lined Journal, 6 x 9, 100 Pages giving you excitement feeling of reading. The article writer conveys their point in certain way that can be understood by simply anyone who read that because the author of this guide is well-known enough. This book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this specific Journal Your Life's Journey: Micro Crystals 19, Lined Journal, 6 x 9, 100 Pages instantly.

Belinda Tenney:

Reading a book tends to be new life style in this particular era globalization. With examining you can get a lot of information that could give you benefit in your life. Along with book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their reader with their story or their experience. Not only the story that share in the books. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors nowadays always try to improve their talent in writing, they also doing some exploration before they write with their book. One of them is this Journal Your Life's Journey: Micro Crystals 19, Lined Journal, 6 x 9, 100 Pages.

Susan Spiegel:

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they performing activity like watching television, likely to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book may be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the book untitled Journal Your Life's Journey: Micro Crystals 19,

Lined Journal, 6 x 9, 100 Pages can be very good book to read. May be it can be best activity to you.

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