



Journal Your Life's Journey: Corporate Vector Journal, 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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Stephanie Cromwell:

As people who live in often the modest era should be update about what going on or information even knowledge to make these people keep up with the era which is always change and progress. Some of you maybe will update themselves by examining books. It is a good choice for you personally but the problems coming to anyone is you don't know which one you should start with. This Journal Your Life's Journey: Corporate Vector Journal, 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 wish in this era.

Henry Jensen:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book you read you can spent the entire day to reading a e-book. The book Journal Your Life's Journey: Corporate Vector Journal, Lined Journal, 6 x 9, 100 Pages it doesn't matter what good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to create this book you can buy the particular e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not very costly but this book offers high quality.

Billie Gould:

Reading a book to become new life style in this yr; every people loves to examine a book. When you learn a book you can get a lots 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 sorts of book that you have read. If you want to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these us novel, comics, and soon. The Journal Your Life's Journey: Corporate Vector Journal, Lined Journal, 6 x 9, 100 Pages will give you new experience in reading through a book.

Jeffrey Channell:

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