

# How to Journal

## TIPS ON JOURNALING

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Many ideas regarding how to journal and what to write about abound. The beauty of journal writing, on the other hand, is that you may do it your way. This means you may truly personalize it as a creative and life-enhancing activity.



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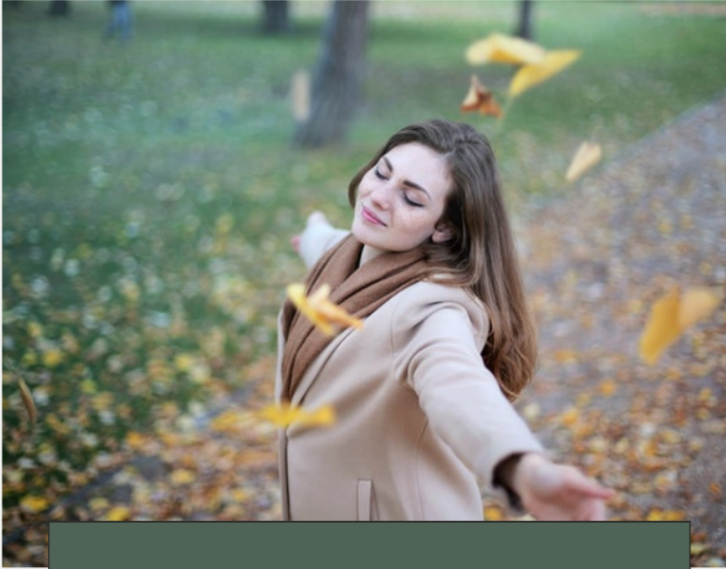


Taking time for one to write and reflect on your ideas, feelings, and life events are known as journal writing.

It can be intimidating to begin a journal. It takes time, just like any other habit, for it to become a habit.

Here are some journaling suggestions to help you get started and maintain your journal.

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## 2. LET GO OF ANY PRECONCEIVED NOTIONS ABOUT WHAT IS RIGHT OR WRONG.

There is no one-size-fits-all method of journaling. It's crucial to practice self-compassion and leave your inner critic at the door when writing. When you journal, you don't have to worry about being judged.

Don't get caught up in grammatical or spelling mistakes. You're not writing for an audience; you're writing just for yourself.

When you're self-critical or worried about someone reading your journal, you're more likely to censor yourself and be less authentic and honest.

## 1. FIGURE OUT WHICH JOURNALING METHODS SUIT YOU BEST.

Many people prefer to keep a paper journal because it allows them to develop and express their thoughts more clearly. However, journaling isn't limited to pen and paper.

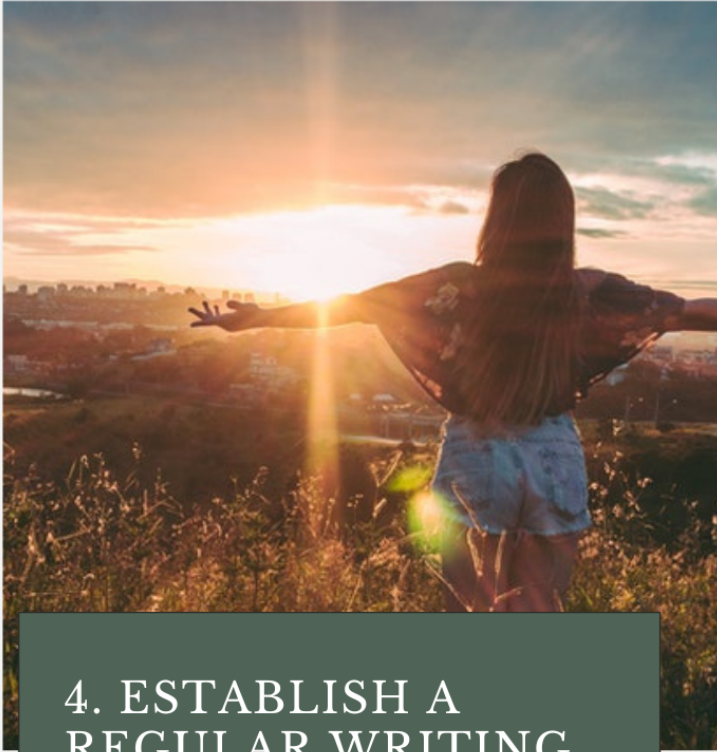
It's critical to figure out which method works best for you when you first start writing.

You might find that journaling is more enjoyable because of the convenience of using a laptop. You don't have to stick to just one technique, either.

You prefer handwriting but get an idea while riding the subway in the morning. In that case, you can jot down your thoughts on your phone's notes app before they fade away.



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## 4. ESTABLISH A REGULAR WRITING SCHEDULE.

When you're inspired and motivated, it's simple to write. But what if you aren't there?

Even when you're feeling uninspired, setting up a writing routine and scheduling journaling time can help you stay on track.

You could, for example, set aside five to ten minutes every morning after breakfast or every evening before bed. This time blocking method allows you to make journaling a priority and fit it into your daily routine.

## 3. MAINTAIN REALISTIC EXPECTATIONS

Expect to not write pages upon pages of insightful thoughts when you start journaling.

You may be discouraged from continuing your journaling practice because you won't see results right away if you have unrealistic expectations

To see results, set realistic goals and take small steps, just as you would with any other habit.



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## 5. WRITE DOWN WHATEVER COMES TO MIND IN YOUR JOURNAL.

The possibilities are endless for what you want to write about. Write about your day, your feelings and emotions, or something that has inspired you.

It can also express strong emotions such as rage, frustration, or sadness. Putting these thoughts on paper can help you forget about them.

Open your journal each day as soon as you wake up and begin writing three pages of any thoughts that come to mind.

Those who have experimented with this type of writing have found it therapeutic. It has aided them in processing emotions, gaining clarity, and expressing themselves creatively.



## 6. USE PROMPTS IN YOUR JOURNAL.

There will be days when you stare blankly at your journal, unsure of what to write.

Don't worry; there are much journaling prompts available online to assist you in breaking through your writer's block. On days when you're feeling stuck, here's a list of topics to write about in your journal:

- A gratitude list is a collection of items and people you feel grateful for
- You've recently faced a difficult scenario
- A (yet-to-be-sent) letter to a friend
- Throughout the day, small pleasures that offer you delight.
- You've made the wisest decision of your life
- Affirmations of hope every day



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## FINAL TIP

### JUST GET STARTED!

You will never know what freedom you can have until you start to journal and open the door to what has been trapped inside!

ENJOY YOUR  
FREEDOM!

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## 7. THINK BEYOND THE BOX

Don't be afraid to use your imagination and express yourself. It's not just prose in a journal. Poems, sketches, drawings, lyrics, or anything else that allows you to express yourself can be used.

How do you maintain the practice? The easy part is figuring out how to begin journaling. Self-discipline is required to turn it into a daily habit.

However, no one ever stated that developing excellent habits is easy. If you persist with it, you'll notice that journaling has a good impact on both your personal and professional lives.

It can be used for personal development, self-discovery, relaxation, and visualization. Journaling does not have a one-size-fits-all approach. Personalize it.

