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Journal Your Life's Journey: Colorful Raindrops, 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'tmatter 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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From reader reviews:

David Musick:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the particular Mall. How about open or maybe read a book titled Journal Your Life's Journey: Colorful Raindrops, Lined Journal, 6 x 9, 100 Pages? Maybe it is to be best activity for you. You understand beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with the opinion or you have some other opinion?

Dustin Davis:

Now a day individuals who Living in the era wherever everything reachable by connect to the internet and the resources included can be true or not call for people to be aware of each facts they get. How people have to be smart in acquiring any information nowadays? Of course the answer is reading a book. Looking at a book can help folks out of this uncertainty Information specifically this Journal Your Life's Journey: Colorful Raindrops, Lined Journal, 6 x 9, 100 Pages book because book offers you rich info and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it as you know.

Lonnie Fazio:

The knowledge that you get from Journal Your Life's Journey: Colorful Raindrops, Lined Journal, 6 x 9, 100 Pages is a more deep you excavating the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to be aware of but Journal Your Life's Journey: Colorful Raindrops, Lined Journal, 6 x 9, 100 Pages giving you thrill feeling of reading. The article writer conveys their point in a number of way that can be understood through anyone who read the idea because the author of this publication is well-known enough. This book also makes your personal vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this particular Journal Your Life's Journey: Colorful Raindrops, Lined Journal, 6 x 9, 100 Pages instantly.

James Mendoza:

Spent a free a chance to be fun activity to do! A lot of people spent their leisure time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book could be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the reserve untitled Journal Your Life's Journey: Colorful Raindrops, Lined Journal, 6 x 9, 100 Pages can be excellent book to read. May be it could be best activity to you.

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