

Beginning A Journal Writing Practice

Getting Started With Your Journal Writing

Imagine starting every single day with a positive attitude, a sense of purpose, and a clear understanding of your top priorities. These are some of the benefits of keeping a journal. Writing helps you learn more about you. By writing in your journal, you will get better at sorting out your thoughts and feelings, figuring out what is most important to you, and solving problems. Journal writing can reach your untapped creativity and open up possibilities that are overlooked in the busyness of your life. At the least, a journal can provide a safe place to vent when all you need to do is let off steam.

Below is a list of ten ideas for getting started on your journal writing, making it a worthwhile experience, and sticking with it.

- Make sure it's private. The only way for you to get the benefits of keeping a journal is to know that your thoughts are not going to be read by others.
- Write in the morning before the daily routine captures your attention. You will be more introspective and creative first thing in the day. End of day writing tends to be a recap of what happened.
- Create an inviting writing environment. A quiet, comfortable place, an attractive book, and a high quality pen can provide motivation.
- Write three pages. It takes that first page to warm up, the second page to get to something meaningful, and the third page to spark creative thinking. Many professional writers adhere to this process.
- Just write. Don't worry about how it sounds. Whatever comes to mind is the right thing to write. Even if you start out writing, "I don't know what to write" you'll keep going.
- Don't evaluate what you write. It's about the process. It is not helpful to go back over your writing to critique it.
- Make it a habit. Commit to 21 days and you'll be hooked. If you miss a day or even a week, don't give yourself a hard time. Just start again.
- Share these tips with others and give blank journals and great pens as gifts - this will reinforce your commitment.

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- If you are having difficulty, try finishing one of these phrases:
 - ⇒ If I could do anything I wanted to, I would....
 - ⇒ I've been thinking about this a lot lately....
 - ⇒ My ideal day would be....
 - ⇒ My ideal job would be....
 - ⇒ The most important thing for me to do today is....
 - ⇒ I have been avoiding this....
 - ⇒ Someday I am going to....
 - ⇒ I could take a lot better care of myself by doing this....
 - ⇒ I want to apologize to (person) for....
 - ⇒ I would like to be remembered for....
 - ⇒ This is what I appreciate most about my life....

- Don't make it such a big deal. Make it fun. Just start.... It can take 10 minutes and it can change your life.