



Journal Your Life's Journey: Abstract Vector Wave, 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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Brandon Li:

This Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is usually information inside this publication incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. That Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages without we realize teach the one who reading it become critical in imagining and analyzing. Don't become worry Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages can bring once you are and not make your handbag space or bookshelves' turn out to be full because you can have it within your lovely laptop even phone. This Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages having very good arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Christopher Palmer:

Reading can called head hangout, why? Because while you are reading a book particularly book entitled Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages your brain will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely can become your mind friends. Imaging every word written in a guide then become one form conclusion and explanation in which maybe you never get just before. The Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages giving you another experience more than blown away your mind but also giving you useful info for your better life within this era. So now let us teach you the relaxing pattern at this point is your body and mind will be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Karen Bright:

This Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages is great book for you because the content which can be full of information for you who also always deal with world and get to make decision every minute. That book reveal it info accurately using great manage word or we can point out no rambling sentences within it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but challenging core information with splendid delivering sentences. Having Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages in your hand like getting the world in your arm, info in it is not ridiculous one particular. We can say that no e-book that offer you world within ten or fifteen second right but this e-book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. stressful do you still doubt this?

Edward Doucet:

Many people spending their time period by playing outside using friends, fun activity using family or just

watching TV all day long. You can have new activity to spend your whole day by reading a book. Ugh, you think reading a book can definitely hard because you have to accept the book everywhere? It okay you can have the e-book, having everywhere you want in your Touch screen phone. Like Journal Your Life's Journey: Abstract Vector Wave, Lined Journal, 6 x 9, 100 Pages which is getting the e-book version. So , why not try out this book? Let's observe.

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