



My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages

My Daily Journal

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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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Marisa Reber:

This My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this reserve incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages without we recognize teach the one who looking at it become critical in considering and analyzing. Don't end up being worry My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages can bring once you are and not make your carrier space or bookshelves' turn out to be full because you can have it inside your lovely laptop even mobile phone. This My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages having excellent arrangement in word as well as layout, so you will not feel uninterested in reading.

Amy McCarter:

Information is provisions for people to get better life, information today can get by anyone on everywhere. The information can be a information or any news even a concern. What people must be consider whenever those information which is inside former life are challenging be find than now is taking seriously which one works to believe or which one the actual resource are convinced. If you have the unstable resource then you buy it as your main information you will have huge disadvantage for you. All of those possibilities will not happen with you if you take My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages as the daily resource information.

Antonio Batts:

Is it an individual who having spare time subsequently spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages can be the reply, oh how comes? The new book you know. You are consequently out of date, spending your time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

John Gravatt:

What is your hobby? Have you heard that question when you got college students? We believe that that concern was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. So you know that little person such as reading or as reading become their hobby. You need to know that reading is very important in addition to book as to be the factor. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You find good news or update concerning something by book. Numerous books that can you go onto be your object. One of them is actually My Daily Journal: Moon Night Illustration, Lined Journal, 6 x 9, 200 Pages.

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