

Life Strategies

Journaling

Your Questions Answered



by Martha Staley



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What is journaling and why would you want to do it? These questions ultimately lead to the other “W”s of when and where and, of course, how often should you journal, how do you journal and, most importantly what do you write in your journal?





What is journaling?

Journaling is simply a way of connecting with yourself by writing down your thoughts and feelings about the events in your daily life. It is a place of daily personal reflection. It can be your guide to a greater understanding of who you are, how you came to be the way that you are, and even help you define the direction in which you desire your life to go.






It is your unique story -- the story of who you are, what is happening in the world around you and the documentation of your thoughts and emotions about these events.

Why would you want to journal?

In addition to the following scientifically proven health benefits of journaling:

-  Journaling decreases the symptoms of **asthma**, arthritis, and other health conditions.
-  It improves cognitive functioning.
-  It strengthens the immune system, preventing a host of illnesses.
-  It counteracts many of the negative effects of stress.

Writing in a journal can also:

-  Be the perfect way to create a time “just for you”.
-  Become a treasured keepsake for yourself or future generations.
-  Relieve anxiety and stress.
-  Help get your thoughts out of your head and onto paper.
-  Help you release your emotions.

- ✎ Be a safe place to put all your anxious thoughts.
- ✎ Be a perfect place for your dreams to grow and be respected.
- ✎ Be a safe place for personal memories and events.
- ✎ Be a catalyst for clarity as you sort through daily events.
- ✎ Be a chronicle of your life in your own words as seen from your personal perspective.
- ✎ Help you discover insights as you explore your personal issues honestly.

When and where should you journal?

If you haven't taken the time to journal before, you may be asking, "When would be a good time to start?" The answer is simple, "The perfect time is when you are ready."

Once you've made the decision to journal, it's a good practice to find a time of day that works the best for your personal schedule and the most efficient way to make sure that this can happen is for you to plan for your journaling time every day.

Are you a morning person or would it work better for you to open your journal in the evening before you go to bed? Maybe it would work best for you to keep your journal with you all the time and you could write on your lunch hour.

The main idea is for you to find a time that is perfect for you. When you do, you will be more likely to journal daily. Just remember, the perfect time is when you say it is perfect for you.

The ideal place is a quiet, comfortable, safe place that is free from interruption and where you can be alone for at least 15 minutes. It may be a favorite chair, room in your home, or an outdoor space. Where ever you choose, it will become a special place where you are able to take personal mini vacations with your own private personal thoughts, feelings and emotions. You may want to light a candle, play your favorite soft music or just let nature supply the background.

How and what should you write in your journal?

The beautiful thing about journaling is that it is your journal. There is no right way or wrong way to journal. It's not something you're required to do; it's something you desire to do. Just relax and enjoy the time that you are spending with you. You aren't required to write a certain number of words to a page or even limit yourself to only a page and how or what you write is not important.





This is a place where you can jot down your thoughts and feelings about something that happened, was said, you saw or you felt that you want to remember. It could be a funny story, or something very serious. It could be about the weather, something about a friend or family member or a quote that is your favorite for the day. You may even find yourself writing the words to a favorite poem, Bible verse or lyrics to a song that you just can't get out of your head! This is your safe space to write about what is important to you.

Be sure to put the date on the first page of each journal entry for future reference. And a suggestion for your journaling would be to fill your pages with as many details of the event that you can. What did it look like? How did "it" make you feel? Why it is so important to you to remember it. Who was there with you? It can be random thoughts in no particular order and doesn't have to even be in full sentences. You can doodle pictures, use colored markers, pen or pencil. It's yours to personalize and to enjoy. Are you saying to yourself, "I would like to journal but I'm not sure I would know what to put in a journal."?

Some days, you may write several pages, some days you may only write a sentence and some days, you may not write anything at all.

If you need a jump start to the process a good place to start is by writing about the three best things that happened that day and, the three things for which you are most grateful.

Other questions you might ask yourself:

-  What is my biggest challenge?
-  What are my career goals?
-  What do I want to accomplish this week?
-  What changes would I like to make in my life?

Ideas that could help you get started:

-  Journal about your feelings on a certain event.

- ✍ Go back in time to a fun event and relive it on paper.
- ✍ If you could do anything you wanted to, what would it be and why?
- ✍ Is there something at work that is bothering you?
- ✍ What do you want your life to look like one year from today?
- ✍ What are the words to your favorite song?
- ✍ Slide a picture between the pages and journal about why it is important to you.

Topics that you could journal about:

- ✍ *Family*
- ✍ *Friends*
- ✍ *Children*
- ✍ *Work*
- ✍ *Personal life*
- ✍ *Challenges*
- ✍ *Dreams*

As your journal is filled with your personal thoughts and feelings, you may or may not choose to share your journal thoughts with others. If you should choose to share, make sure that it is with someone that would be supportive of what you have written.

Journaling can be whatever you need it to be; an outlet for personal expression, stress relief, a place to express gratitude, save memories, create a space and time just for you, a place to dream or anything else that you need in the moment.

There are numerous journaling books available to purchase – all sizes, shapes, colors, lined and unlined. Choose the one that fits you and that you will look forward to and enjoy spending time and writing your thoughts in.

While you are looking for your perfect journal, feel free to print and use the .pdf file My “Perfect Day” Journal Page that has been provided with this E-Book.

Remember, because there aren’t any set rules for journaling, no right ways and no wrong ways, just tips and hints of what has worked for others; write when you want, where you want and what you feel you need or want to write in your journal. It can be a

little or a lot, one sentence or many. Even though a daily entry in your journal may be the most beneficial, you may not be able to do that. And, that's perfectly ok.

Knowing that you can write freely without repercussions from anyone creates a haven for self-expression and release and can lead to a life of joy and abundance. If you would like more of those things in your life, I encourage you to try journaling.

For more life strategy ideas and tools to use to create your perfect day, consider participating in Martha's **Life Strategies for Working Moms Tele-Seminar**. Together we can close the distance between where you are today and where you want to be one year from now.

Simply click here for more information: <http://www.yourperfectworld.net>.



ABOUT THE AUTHOR: Founder and CEO of Your Perfect World®, Martha Staley is a Certified Dream Coach® and Inspirational Speaker. She draws upon practical business know-how, her personal life, teaching and training experiences and her more than 20 years of consulting others to inspire career women to achieve the success they desire, the happiness they seek and the personal and professional life they deserve.

She uses her high-energy and contagious enthusiasm to inspire others to move past limiting personal beliefs that may be holding them back from reaching their peak potential in business and in life.

Martha is committed to helping others find their passion, purpose and to fulfill their dreams. She provides practical and proven tools that create the desired results.

WOULD YOU LIKE TO LEARN OTHER LIFE STRATEGIES THAT CAN INSPIRE YOU TO CREATE YOUR OWN PERFECT WORLD? To register for Martha's Life Strategy Programs – Personal or Group Coaching, Life Strategies for Working Moms Tele-Seminars and others visit www.yourperfectworld.net