



Journal Your Life's Journey: Abstract Musical Notes, 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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Robert Ford:

Playing with family in a very park, coming to see the sea world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Journal Your Life's Journey: Abstract Musical Notes, Lined Journal, 6 x 9, 100 Pages, it is possible to enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

Laura Mason:

Can you one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Aim to pick one book that you never know the inside because don't determine book by its protect may doesn't work at this point is difficult job because you are afraid that the inside maybe not since fantastic as in the outside look likes. Maybe you answer can be Journal Your Life's Journey: Abstract Musical Notes, Lined Journal, 6 x 9, 100 Pages why because the great cover that make you consider with regards to the content will not disappoint anyone. The inside or content is actually fantastic as the outside or even cover. Your reading 6th sense will directly direct you to pick up this book.

Rose Waldman:

This Journal Your Life's Journey: Abstract Musical Notes, Lined Journal, 6 x 9, 100 Pages is great publication for you because the content that is full of information for you who always deal with world and have to make decision every minute. This particular book reveal it info accurately using great coordinate word or we can declare no rambling sentences within it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but tricky core information with wonderful delivering sentences. Having Journal Your Life's Journey: Abstract Musical Notes, 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 guide that offer you world with ten or fifteen tiny right but this book already do that. So , it is good reading book. Hey there Mr. and Mrs. busy do you still doubt this?

Dan Hanner:

In this era globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that print many kinds of book. Typically the book that recommended to you is Journal Your Life's Journey: Abstract Musical Notes, Lined Journal, 6 x 9, 100 Pages this publication consist a lot of the information in the condition of this world now. This particular book was represented just how can

the world has grown up. The words styles that writer use for explain it is easy to understand. The writer made some study when he makes this book. That is why this book acceptable all of you.

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