

The book was found

# Journal Your Life's Journey: Grungy Retro 11, Lined Journal, 6 X 9, 100 Pages



## Synopsis

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. This is a blank lined notebook. Scroll up and hit the add to cart button now.

## Book Information

Diary: 102 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (July 21, 2015)

Language: English

ISBN-10: 1515092720

ISBN-13: 979-1515092727

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #103,351 in Books (See Top 100 in Books) #10 in Â Books > Crafts, Hobbies & Home > Crafts & Hobbies > Toys & Models > Model Trains #13 in Â Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Trees #24 in Â Books > Science & Math > Nature & Ecology > Forests & Rainforests

## Customer Reviews

Good quality

[Download to continue reading...](#)

Journal Your Life's Journey: Grungy Retro 11, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Urban Illustration, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Mushroom Magic, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Galaxy Abstract, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: 3D Abstract Techno, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Paint, Lined Journal, 6 x 9, 100 Pages Sleeping Kitty Blank Book Lined 5.5 X 8.5: 5.5 by 8.5 inch 100 page lined blank book suitable as a journal, notebook, or diary with a cover photo of a ... feline leukemia. (Cats of Ralphie's Retreat) Song Writing Journal: Lined/Ruled Paper And Staff, Manuscript Paper For Notes, Lyrics And Music. For Musicians, Music Lovers, Students, Songwriting. Book Notebook Journal 100 Pages 6x9in Sleeping Kitty Blank Book Lined 8.5 x 11: 8.5 by 11 inch lined blank book suitable as a journal, notebook, or diary with a cover photo of a happily ... feline leukemia. (Cats of Ralphie's Retreat) Journal Daily: Purple Rain 2, Lined Blank Journal Book, 6 x 9, 200 Pages Songwriting Journal: Whites Notes Cover, Lined Ruled Paper And

Staff, Manuscript Paper For music Notes, Lyrics or Poetry. For Musicians, Students, ... Journal 120 Pages 6" x 9" (15.24 x 22.86 cm) Song Writing Journals For Kids: Colorful Lined/Ruled Paper And Staff, Manuscript Paper For Notes, Lyrics And Music. For Musicians, Students, Songwriting. Book Notebook Journal 100 Pages 8.5x11 Staff Lined Paper: Empty Staff, 8 Stave Manuscript Sheets Notation Paper For Composing For Musicians, Teachers, Students, Songwriting. Book Notebook Journal 100 Pages 8.5x11 Songwriting Journals For Kids: Music Notes Lined/Ruled Paper And Staff, Manuscript Paper For Lyrics And Music. For Musicians, Students, Songwriting. Book Notebook Journal 100 Pages 8.5x11 Songwriting Journals For Kids: Keyboard Lined/Ruled Paper And Staff, Manuscript Paper For Notes, Lyrics And Music. For Musicians, Students. Book Notebook Journal 100 Pages 8.5x11 Journal: 8.5 x 11, 160 Page Lined Journal/Notebook (Phoenix Journal) (Volume 1) Journal: 160 Page Lined Journal/Notebook (8.5 x 11 Large Journal/Notebook) (Volume 96) The Grass is Always Greener Horse Composition Notebook: Horse Lovers Journal, 8"x10" Softcover, 200 Lined College Ruled Pages for Students, Teachers and Equestrians 100 Write-and-Learn Sight Word Practice Pages: Engaging Reproducible Activity Pages That Help Kids Recognize, Write, and Really LEARN the Top 100 High-Frequency Words That are Key to Reading Success Journal: 8.5 x 11, 160 Page Lined Journal/Notebook (Large Paperback) (Volume 18)

[Dmca](#)