

A Few Tips on Journaling

- ❖ Consider leaving the first sheet blank - for a Table of Contents - if you want to find a memory or an entry at a later date, you will be glad you did
- ❖ Only list what you would want to read again in your Table of Contents
- ❖ Date each entry
- ❖ Don't edit or critique what you write or draw - be free to let whatever comes out happen
- ❖ Consider Keeping multiple journals, based on topic or purpose (ie: Keep your venting journal separate from your gratitude journal - venting is about writing how you truly feel and leaving it on the page, not to revisit)
- ❖ There are no rules - there is no right or wrong way to keep a journal
- ❖ Very Important - your journal is for your eyes only, so you are totally free to be yourself - you never have to share it unless you want to
- ❖ Enjoy - it's about the process not the product