

# JOURNALING BENEFITS AND TIPS TO GET STARTED



## A Write for your Life guide

Here are the benefits (and this isn't all of them I promise) of journaling and some tips to get you started.

For the full guide ***There are no Journaling Police - A Write for your Life guide to journal how you like***, go to [Writeforyourlife.uk](http://Writeforyourlife.uk).

### Benefits of journaling

- It's free and available 24/7
- You don't need any special equipment
- You can do it alone or with others

### It's a way to:

- Express yourself
- Find and come back to yourself
- Make friends with your inner critic
- Capture experiences Gain new perspectives and insights
- Make sense of the world and challenges
- Access inner resources and creativity
- Get headspace
- Build creative confidence
- Get clarity and focus
- Access to advice and permission
- Build a great relationship with yourself
- Be mindful
- Motivate yourself
- Care for yourself
- Increase productivity
- Make decisions and find solutions
- Explore, discover and learn

### General Tips for Journaling

- Do it your way - experiment to find out what that is, everything is up for grabs: where, when, how etc.
- Start small, with one word, one minute. Don't underestimate how easy it is to be put off by a task, even if you've only promised to do it for 15 minutes - TRUST ME ON THIS. If you want to do more than you've committed to, go for it.
- Use scrappy paper and pens, nothing will stop you journaling more than a 'special notebook,' particularly when you're starting out.
- Think about your goals for journaling, what do you want to capture, why do you want to do it? This may help to motivate you to do it. Don't worry if you don't have any though, it's not compulsory.
- Write about whatever you want, some great things to start with are how you feel, things you notice, things you've enjoyed, etc.
- If you're worried about confidentiality, type and delete (try and read it back before you hit delete - even better, read it out, even if quietly to yourself - words have energy in them).

### Guides in the series - Creative journaling for:

Headspace	Wellbeing	Writer's block
Success	Innovation	Difficult feelings
Happiness	Creating theme	Difficult situations

**Plus:** Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

*I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at: [Cpsdayoff@gmail.com](mailto:Cpsdayoff@gmail.com) or go to [Clairepearce.uk](http://Clairepearce.uk).*