

The Power in Journaling

Journaling is a powerful tool that anyone can use to enhance personal well-being, growth, and to look at life differently. It has no limitations and is available to anyone willing to make a commitment to *oneself*. It requires minimal investments of time and money, and provides fast results – what a deal. From the basic to the creative, there are many journaling styles, and all provide benefits.

Helps Train Our Mind

Journaling is an excellent method of clearing our mind of clutter, and revealing patterns of thought. The *untrained* mind tends to wander without purpose or direction. At any given moment, we have a whole host of thoughts and internal dialogues going on. These haphazard non-directed thoughts often turn into worry or anger, which leads to stress. Stress often manifests into depression and or illness. Addressing our thoughts and acknowledging our inner voice allows us to clearly express our feelings, motivations, and desires. When we do this, we gain the insight needed to effectively deal with them. What many people fail to realize, is that even seemingly random or innocent thoughts, produce potent Energy. This Energy seeks an outlet to express itself; what we think and believe always manifests with amazing accuracy.

A powerful practice to consider is to spend several times each day consciously and deliberately paying attention to your thoughts. Notice the ratio of positive to *not-so-positive* thoughts you have about yourself, and about others. When you engage in self-talk, what does your inner voice

express? Is it primarily *not-so-positive*, worry, anger, or other un-healthy feelings? If so, journaling is a positive step to immediately take to help understand, and then redirect these sneaky *self-sabotagers*.

Keeps Us Honest

When we approach journaling with an open mind & heart, and commit to being candid with ourselves, we open ourselves to limitless opportunity for growth and healing. Through honesty, we begin to peel away the layers of our mind. The masks we wear begin to fall away, revealing our true nature – who we are when we are not, the parent, the employee, or the friend, and are just who we are. Most spiritual paths teach the importance of *Knowing Oneself*.

We Can Express Ourselves Without Judgment

Journaling provides a forum where we can express ourselves fully and completely. If we approach this honestly, a journal can become a best friend and confidant. Our journal will not give needless advice, is never too busy to listen, and is always there for us when needed. Acceptance is an attitude we all seek, and have a deep desire to find. The truth is, the majority of us seek in others what we cannot give ourselves. Journaling opens the door to a process of self-acceptance, without which true healing cannot occur.

Helps Us Look At Life Differently

Writing a gratitude journal is an excellent way of learning a more positive way of thinking. It can help us see how Good life really is. Promise yourself to list five things that you are grateful for each day. *The end of the day works best, but any time will work*. Some days we may have many more

than the five things that we are grateful for – list five things. On other days, we may have trouble finding the five things – list five things. In time, we will find ourselves noticing things during the day for which we are grateful. This is the beginning of looking at life in a new way.

Enhances Conscious (In The Moment) Living

Writing in a journal can have similar effects to meditation, in that it allows us to bring our full attention & awareness to the Present. This state of awareness shifts our perspective, and allows us to tap into our reserves of Positive Energy. Many of us find ourselves stuck in routines where our Positive & Creative sparkle becomes lost in the humdrum of the daily grind. When we run on *automatic* too long, we become desensitized to the joys of living. Daily journaling allows us to reflect on the unique beauty of the Present Moment, and allows us to experience life more fully.

Shows Progress At A Glance

One key to staying motivated is being able to see progress. Journals can provide much needed encouragement for those of us working towards life-changing goals. When in the doldrums and seemingly stuck, it is easy to page back through our journal and see, in writing, our progress. This often provides the motivation necessary to continue on our path. We can see that life is always a succession of peaks and valleys, and neither is a permanent situation.

Gets Us Organized

By keeping a day planner type journal with notes, it is easier to keep track of “to-do” lists, as well as record daily notes, our thoughts, feelings, and

experiences. Combining practicality with the discipline of journaling, allows for keeping track of everything in one convenient place. Our grocery lists, goal lists, records, and sudden inspirations can all be kept together. You may keep this as a file – on your computer, allowing easy access with the touch of a few keys.

These are examples of ways journaling can provide powerful tools for personal growth, healing, and empowerment. Journaling is a wonderful journey in self-discovery. I hope you are inspired to take this self-healing challenge – pick up pen & paper, or sit at the keyboard, and make a commitment to journal each and every day, and enrich your life through the healing power of *your* words.

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