

Why journal?

Journaling is a highly personal act that supports your needs and desires. It's your place to process life on the page.

BUT WHERE TO START? AND WHAT TO WRITE?

Nothing is too big or small to journal but it can be overwhelming wondering where and how to begin.

So let's start with your Why.

READ THROUGH THE LIST AND WRITE DOWN 3-5 REASONS THAT MOST APPEAL TO YOU. THEN EXPAND ON EACH WITH AN 'I' STATEMENT AND ASK 'WHY', 'AND' AND 'TO' UNTIL YOU'VE REACHED THE CORE OF YOUR REASON.

People journal for all sorts of reasons and when they're clear on their 'why' - their reason for journaling - they are more inclined to turn to and return to the page for what they need.

For example if your reason is 'to validate emotions' your WHY might read something like this:

I experience lots of emotion at times and want a private place to explore them.

WHY?... because sometimes they're too big to ignore

AND...it's important for my wellbeing that I recognise them

AND...writing them down helps me

TO.. validate them

Some reasons why we journal:

- to access the wisdom within
- to help process life
- to increase self-awareness
- to validate emotions
- to enhance your wellbeing
- to honour your experiences
- to find clarity
- to encourage creativity
- to promote mindfulness
- as an act of self-love and self-care
- to assist with personal growth
- to empty your mind
- as a form of self-expression
- to nourish your soul
- to capture inspiration
- to discover your deepest desires
- to better understand yourself
- to invoke gratitude
- to encourage self-reflection
- to release negativity
- to reduce stress
- to relax and wind-down
- to boost your mood