



# **My Daily Journal: Fire Style Fractal Flames, Lined Journal, 6 x 9, 200 Pages**

*My Daily Journal*

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## **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.

Just do it. Start today writing in your *journal*. You could even put “Today I bought this awesome journal and will recommend all my friends do the same.” Wink Wink

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As people who live in the particular modest era should be change about what going on or info even knowledge to make them keep up with the era that is certainly always change and advance. Some of you maybe will probably update themselves by studying books. It is a good choice to suit your needs but the problems coming to you is you don't know what kind you should start with. This My Daily Journal: Fire Style Fractal Flames, Lined Journal, 6 x 9, 200 Pages is our recommendation so you keep up with the world. Why, as this book serves what you want and want in this era.

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Now a day individuals who Living in the era wherever everything reachable by connect to the internet and the resources within it can be true or not call for people to be aware of each info they get. How individuals to be smart in receiving any information nowadays? Of course the answer then is reading a book. Studying a book can help folks out of this uncertainty Information particularly this My Daily Journal: Fire Style Fractal Flames, Lined Journal, 6 x 9, 200 Pages book as this book offers you rich information and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it as you know.

#### **Carol Rosborough:**

This My Daily Journal: Fire Style Fractal Flames, Lined Journal, 6 x 9, 200 Pages is great guide for you because the content that is certainly full of information for you who have always deal with world and possess to make decision every minute. This book reveal it data accurately using great coordinate word or we can claim no rambling sentences inside. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but difficult core information with beautiful delivering sentences. Having My Daily Journal: Fire Style Fractal Flames, Lined Journal, 6 x 9, 200 Pages in your hand like having the world in your arm, info in it is not ridiculous just one. We can say that no book that offer you world within ten or fifteen small right but this e-book already do that. So , this is good reading book. Heya Mr. and Mrs. hectic do you still doubt which?

#### **Sheila Dickerson:**

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