



JOURNAL

Capturing Life's Special Moments



Journaling is nothing new. In fact, it goes as far back as ancient Egypt. Although it's been around for thousands of years, its popularity has grown over recent years. As scientists began investigating the impact of journaling, they found that it has a positive impact on overall health and well-being.

Writing down your thoughts and feelings as you navigate everyday life can help you better understand and work through stress, anxiety, depression and even trauma. It can also help you gain meaningful insights that will aid your personal development.

One thing about journaling is that you can do it according to your personal style. There is no one particular way to do it. Whether you want to write in your journal daily, weekly, or several times during the week, it's up to you. Make it fit with your life's schedule.

Maintaining a journal allows you an opportunity to remember and reflect on the various experiences in your life – to share your goals, inner feelings, things that brought you joy, your disappointments and even sadness. Journaling can also give you time to reflect on the barriers you've overcome, document your personal growth as a person and record the many things you have learned. You may also want to include photos, messages from friends, kind words received and encounters with people you have met. Be creative.

The process of writing down your experiences and your reactions to them is said to help you slow down from life's busyness, think about what you are experiencing in life, and consider how to work through challenges. This may help release tension and stress in your life.

Benefits of Journaling

It is amazing how life can be so busy that it becomes difficult to stop and focus on the meaningful things in life. This constant busyness can leave us feeling overwhelmed and caught up in day-to-day hustle and bustle.

Journaling offers an opportunity to pause, step back, and reflect on the things happening in your life. Chronicling your life by journaling helps you to recognize the progress of your personal growth over time and identify the learning experiences that have aided in your development.

Science has shown that journaling is [associated OR connected] with good things such as improvements to your mental and physical health, memory, relationships, and productivity. All you need is a notebook, a pen, and some motivation. You will be glad you chose to start (or continue) journaling.

This incredible tool can help you in many ways. Listed below are some benefits of journaling.

1. Allows time to document and reflect on experiences.
2. Adds structure and order to life
3. Enhances personal growth.
4. Helps make sense of the things going on in life.
5. Promotes a sense of accountability
6. A great reminder of goals set and accomplished.
7. Gives greater insight into life's situations.
8. Charts the progress of your successes.
9. Offers fresh ideas to handle life's challenges.
10. Provides clarity through self-reflection.
11. Gives more awareness of thoughts and behavioral patterns
12. Increases productivity.
13. Improves problem-solving skills
14. Aids time management
15. Keeps thoughts & tasks better organized
16. Preserves memories of experiences

Date

“People may forget what you said, they may forget what you did, but they will never forget how you made them feel.” *Maya Angelou*



*“Keep your face to
the sunshine and
you cannot see the
shadow. It’s what
sunflowers do.”*

Helen Keller

