

MY JOURNAL

– a focused journal to answer specific questions about your day!



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Research shows that the physical act of writing with a pen and paper enhances mental clarity, memory and learning. It is also known to help reduce distractions and expand vision and creativity. When you write and express your thoughts, you are more in touch with your emotions and often times answers to questions that have been escaping you will appear, or, something that you haven't even thought about will materialize and shed new light and understanding of a past incident or present situation. Writing and getting in touch with your thoughts can help sort out and spot areas you would like to change or simply make sense out of things.

Published in the NY Times was an article titled "What's Lost as Handwriting Fades"

http://www.nytimes.com/2014/06/03/science/whats-lost-as-handwriting-fades.html?_r=1

In the article (link above) numerous studies are presented and discussed showing the relevancy and benefits of the physical act of writing and the ways in which the brain responds to it from a scientific viewpoint.

Writing can also be a great source of enjoyment when you reflect on good things that happened and you get a chance to relive those moments with joy and happiness. Do not beat yourself up or be hard on yourself, do not be critical and let negative emotions run your life. The purpose of writing in your Journal is to focus on what you are thinking and feeling and to express it. Being consistent in your writing helps organize your thoughts to become a better problem solver and the lasting effects experienced because of this activity is more profound.

Writing in your Journal is private and judgment free. You have the freedom to create and express your thoughts knowing it's just for your eyes only. The freedom to write without any concern about hurting anyone's feelings or worry about what someone would think is liberating and can provide an outlet to release bottled up emotions.

Daily questions to ask yourself –

- What was the high point of my day?
- Were there times I laughed?
- Did I help someone today?
- What inspired me to be better and keep moving forward?
- What was the low point of my day?
- Is there any act or belief that I want to change?
- What could I do differently?
- Was there something I would have liked to do, but didn't?
- What did I learn today?
- Message to myself.....

Print the following page (Template Page) in duplicate and place it in a binder



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