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Four Keys to Successful Journaling

By Christin Snyder

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In part one of "The Healing Powers of Journaling" we explored the various ways that journaling aids in personal empowerment and healing. By using the following four guidelines, you can ensure you are getting the most out of your journaling experience.

*Avoid the pitfall of writing for others

As a writer myself, I know all too well the tendency to write everything as if it were my next piece for publication. In journaling, it is best to express yourself freely, without the restriction of grammar rules, spelling, and all the other things that can cause distractions from the genuine purpose of the writing.

When we write for an audience or to silence the inner critic, we become less candid and our writing is not an authentic expression of our true self.

*Be honest

There often comes the tendency to want to color our writing through judgment. We don't want to face things we deem as "unacceptable" . When the voice of the inner critic kicks in, it can be difficult not to "sugar coat" . Writing that avoids the reality or depth of our thoughts/emotions does a great disservice. If you feel like slapping someone on a particular day, express it, don't cover it up through downgrading it. If we are to learn from our thoughts/feelings/reactions then we must have a healthy outlet to express ourselves freely.

*Record events objectively first, then go back

Record events and experiences as they happened, before writing about your reaction to them. For example, if you had an argument with a loved one write point by point what happened; ie. Mom came

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over we were watching TV she said she agreed with the host and I did not. I commented on my distaste for the program. She appeared to be upset. We had an argument. This explains simply what happened. Once you have recorded the event, then go forward and fill in the blanks, explaining how the incident made you feel, what your thoughts were, and how you reacted.

By recording exactly what happened first, we are better able to reflect on it at a later time. When you write in a state of reaction only, the actual events become harder to discern upon review. Having a more objective, factual vantage point helps us to view things from different perspectives. We all tend to see things differently when time has passed.

*Use the journal as an outlet for release

A journal provides the perfect outlet for constructive expressions of our thoughts, desires, and emotions. Use your journaling to write about your fears, address anger, express frustration, and all of the other life-draining emotions we tend to keep bottled up. By repressing emotions we waste a lot of energy that could be put to better use. Journaling allows you that outlet so that you can reclaim that energy.

Facing our tough issues allows us to release them, and release is the first step in the process of healing, hence the "healing powers of journaling". Let your journal be a tool that helps detach you from emotional entanglements.

By remembering these few guidelines, you can turn your journaling time into a powerful healing experience. Although the guidelines are universal, journaling itself is a truly unique experience for every person. Next we will explore some of these different styles. Everyone has his/her own preferences, and exploring the different options can help you find one that feels right for you.

Christin Snyder is a motivational author/speaker whose passion is helping others discover their true potential. Visit her website today for personal growth journaling exercises, writers resources, articles, and more. <http://www.dailypowerwords.com/>

The Power Of Scrapbook Journaling

By Elaine Clay

By journaling your pages you will transform an ordinary collection of photographs into a vibrant and visual storyboard – telling the stories behind the pictures, revealing hidden memories and emotions.

It will give your scrapbooks a unique and intimate feel, it is this personal touch that turns your albums into something very special.

That is the power of scrapbooking journaling and why it is one of the most important elements of your scrapbooks.

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What to write...

When you are doing your scrapbook journaling think about the people who will read it in the future. Try and remember that they weren't there, give them as many details as you can so that they can relive your memories and stories for themselves.

One favorite scrapbook journaling technique is to write using the 5 W's method.

Who :: who's in the photo, who took it and who else was present. It is important to name the people in the pictures you use. People change throughout their lives, especially children, so it is vital to tell readers who they are looking at.

What :: what is the photo about? Describe what is happening.

Where :: where is the event in your photo taking place? Give some background information.

When :: when was the photograph taken? Give a specific date and include the year if possible.

Why :: why did you use this photo? Does it show a special event like a wedding or a milestone birthday? Explain why it is so memorable.

Tell the story...

Don't be afraid of scrapbook journaling. Just ask yourself, "What would I want to tell future generations about the photos on my page?" and then write it down.

A tip to remember is that all stories have a beginning, a middle and an end.

For example, a nice way to start off your scrapbooking journaling is to give your album a title page. Use one of your favorite photos and write down who or what your album is about, you can even include famous sayings, quotes or a special poem if you want.

This leads nicely onto the 'middle' part of your story, the actual scrapbook pages and when you get to the 'end' make a page about yourself. Perhaps use a picture of you working on one of the pages and explain why you have made the scrapbook.

Elaine Clay is the owner of Online-Scrapbooking-Guide.com :: your one-stop online scrapbooking resource. Find inspiration, increase your creativity and have fun with our helpful tips, ideas, articles and much more. – Feel free to use the above article on your web site or ezine. Provided that it is published in it's entirety, including my resource box above and a "live" clickable link to:

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