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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Journaling Techniques

By Christin Snyder

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So far we have discovered many of the benefits journaling provides. Some of them include: at-a-glance records of health/diet issues, spiritual/emotional healing, dream interpretation, and creative inspiration. The list is ongoing, but the point is they can be of great benefit to anyone who uses them.

Journaling is something that can be personalized to suit the needs of every individual. Journals are not just diaries where you spend hours each day recording all your deepest, darkest, secrets. Journals can be very practical, and in many cases, can simplify the lives of those who use them. Everyone can find at least one style of journaling to benefit from, regardless of how busy their lifestyle is.

Below are some of the different types of journals that can be created. Keep in mind one does not have to be a writer at all to benefit from journaling. In fact, many writers, myself included, didn't realize their passion for writing until picking up a journal. Words can work for all of us.

***Dream Journaling**

Recording dreams in a journal gives you a window into your subconscious. Our dreams reveal the depths of our being. Dream journals allow us to better remember our dreams, to view repeating patterns, and to explore and interpret our own unique dream language. Many who keep them are surprised by how much they learn about themselves, and how effective these journals are in the healing and growth process.

***Personal Diaries**

These are the standard lock and key books many of us have kept since childhood. This kind of journal allows us to record daily life experiences, our thoughts, feelings, and actions. This type of journal

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serves a great purpose, it allows us to express ourselves freely without judgment. Reviewing these journals over time allows us to see how much we have grown and changed. Often the old ones are humorous ;), and we can see just how much wiser we've become.

*Food/Exercise Lifestyle Journals

These journals are wonderful for those embarking on new health/improvement goals. By recording your progress, you are able to look back and see at-a-glance how far you've progressed. This is a powerful way to remain motivated to achieve goals. This type of journal is also beneficial as a way to track your health and answer any potential questions healthcare providers or other advisors may have for you.

*Mood Journals

The benefit of this style of journal is to track our emotions and find the reasons for different emotional shifts, mood swings etc. For people with anxiety disorders, depression, or shifting hormones, these types of journals provide tremendous benefits in being able to look at the effects of various elements. Record in this journal your feelings, why you are having them, and anything that may be having an effect such as diet, medication, stress levels etc.

*Quotations Journals

These journals are wonderful for a variety of reasons. Use them as a quick pick-me-up, sparks for writing, or to inspire others. These journals are the simplest to keep because it only takes a moment to add a quote or phrase to your collection. Let this fun journal keep you inspired.

*Writer Sparks Journals

For those of us who love to write, this journal can be a great tool for dealing with writers block and keeping the creative juices flowing. Ever noticed how those great ideas always seem to pop up at inopportune moments? Have you ever just sat there staring at the blank screen wishing something would come out? Keeping a small notebook/journal with you can help you to record these little ideas as they come up, or you can jot down your idea and add it later. Whenever you want to write, open up your journal and out pops some great material to get you started.

*Electronic Calendars/Journals in one

In the electronic age we are provided with a whole new set of options. Our planners and organizers can also be incorporated into journaling through different software programs that allow you to keep your information encrypted and safe from prying eyes. This is a convenient way to keep everything organized in one centralized location, and can keep even the severest procrastinator in the habit of keeping notes.

These are just a few examples of the many different styles of journaling. Everyone can find a method or combination of methods that works well for them. Now that you have seen the benefits, the various

style ideas, and the keys to successful journaling I hope you will be inspired to use writing as the healing tool it can be.

Christin Snyder is a motivational author/speaker whose passion is helping others realize their fullest potential. Visit her on the web today for inspiration, personal empowerment tools, and writer resources. <http://www.dailypowerwords.com>

Stress-Free Scrapbook Journaling Ideas

By Elaine Clay

Do you find it intimidating when you come to journal your scrapbook pages?

You are not alone! Many scrapbookers find it hard to get started when it comes to adding journaling to their scrapbooking layouts.

If you are one of those people who go blank at the thought of having to journal, don't worry. Here are some stress-free scrapbooking journaling ideas to help you write the right words whatever your page theme.

Make a list.

This is a fairly simple journaling technique that is suitable for use with any type of page theme, for example:

Doing a friendship page – list how you met, where you met, how long you have known each other, include what you like about your friend and why you are both pals.

Doing a recipe scrapbook page – then make a personal top 10 list of reasons why you like Grandma's chocolate cake so much.

Doing a baby layout – do a list of baby's favorite foods, you can even do one for the foods they don't like!

A variation of this technique is to use bullet points to mark each line on your list, giving you an opportunity to empathise each item of your journaling: Anguilla April 2004 My first trip to the Caribbean This is the view from my hotel balcony overlooking the cove - I can't wait to go swimming the sea looks so nice!

Make sure you have fun experimenting with all the different kinds of embellishments that you can use as your bullet points!

Another bonus with using the list technique is that you do not need to worry about the structure of your sentences or that your journaling makes sense because the list breaks down what you want to say into it's basic readable form.

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Write a Letter.

This is one of those great scrapbook journaling ideas that's fairly simple to do and it's also a lovely, personal way to journal your layouts too.

All you have to do is pretend you're writing to a friend telling them what is happening in your

photographs and including the "Dear" at the beginning of your writing will give your journaling an intimate feel.

Sent any emails lately? Like letters, emails are also a good source of journaling material that you can use for your layouts.

If you are unsure of your own journaling then doing it in a letter format could help your writing flow more easily, as you describe the people and the events taking place, letting you tell the story naturally and in your own words.

Ask a question.

If you are completely stuck and cannot think of anything to write this can be a good quick fix technique to use. Just ask some simple questions like, "What was your favorite part of..?" or "Did anything funny or embarrassing happen?".

This technique can be very effective when used for a special occasion layout, like a bridal shower, where you can ask each of the guests to tell you about their favorite memory of the bride-to-be.

Why not take it a stage further? Give each shower guest some suitable decorative paper and let them write down their own memories rather than journal all of them yourself.

For an extra special touch, you could get the guests to bring with them their favorite photo of the bride-to-be. Ask them to journal why they picked that particular picture and then do a separate layout for each individual photo.

This is an effective way to make a wonderful and unique scrapbook that is quick, simple and full of memorable pieces of journaling that add a very personal feel to the album.

If you are one of those people who find it difficult to begin the journaling process these fun scrapbook journaling ideas will provide you with some basic tips and techniques to help make it easier.

So go on, try out the scrapbook journaling ideas above for yourself and add some stress-free journaling to your pages... Once you've finished you'll see that it's been well worth the effort.

Elaine Clay is the owner of

:: your one-stop online scrapbooking

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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:

Stress-Free Scrapbook Journaling Ideas

The Power Of Scrapbook Journaling

5 Benefits of Keeping a Personal Journal

Four Keys to Successful Journaling

Think It and Ink It

The Buy Impulse

Profitable Crafts Vol 3

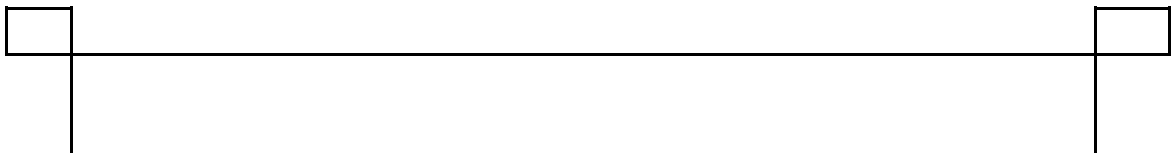
How to Use Your Mind for Study

The Art of Kissing

The Great Big Book of Internet Marketing



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