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**Journaling Your Way To Happiness**

**By Lisa van den Berg**

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Oprah has said it and so will I, keeping a daily journal is an excellent way to help yourself to a generous dose of Happiness.

In studies conducted, it has been found that writing the events of the day in a journal drastically increases your powers of recall and memory. It also helps to `unload' all the baggage you've collected during the day. It helps you to remember all the blessings you've been sent and the new ways you learned to overcome an obstacle. It allows you to see all the wonderful things that happened today and reminds you to be grateful.

Congratulate yourself on all the good you did, the lessons you learned and even just getting through the day to the best of your ability.

Journaling helps you to go back through each event that happened during the day and analyze your reaction to that event. This way you can gain valuable information that slipped past in the rush.

You see interactions with others (good and bad) and can learn from them.

–Was reacting in that way the best way to handle the situation?

–If you'd approached him from this angle, would a better result have been achieved for all parties involved?

You reinforce your memory by reviewing the day's happenings.

–By going over the day's events your memory is forced to recall details that you would otherwise have forgotten. This re-enforces the path of your memory and you'll find it easier to recall specific events.

You also see the gifts you were given during the day

–A smile from a stranger or a compliment from the cute guy in the lift.

–That taxi pulling up just in time, when you knew you were going to be late

You can keep a record of anything new that you learned.

–This helps to show you that you are, in fact, learning something new every day, which gives your self-confidence a boost.

It's also good to look back over previous journals and see how you've developed as a person and to reminisce.

This way you can see how all the hard work you put into improving your life, is paying off.

Journaling allows you to write down what you're grateful for, which gives you a profound sense of humility and gratitude in amongst all the thoughts of 'lack'.

Here's how I get the most benefit out of journaling:

I got myself a 'day per page' journal and made a deal with myself that I would write in it every night, before going to sleep.

I write down everything that happened during the day.

The good and bad (be careful to use positive language and always give a good side to a bad event). How you handled situations, things you learned, people you met, gifts you received (a hug from a friend or your daughter waving goodbye as you go to work)

Writing everything out helps clarify a situation, put things into perspective, clears the negative and affirms the positive.

At the bottom of the page I summarize the new things I've learned and the things that happened today that I'm grateful for.

I've found this to be a wonderful way to remind myself of all the good things that happen to me every day. In a world where we habitually tend to think negatively, a journal can be our own little ray of sunshine.

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## **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.

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.

## Journaling Your Way To Happiness

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](http://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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Stress-Free Scrapbook Journaling Ideas

Four Keys to Successful Journaling

Think It and Ink It

5 Benefits of Keeping a Personal Journal



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