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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Art of Keeping a Journal

By Janice Hoffmann

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Journal keeping is basically without rules. It is an uncensored invitation to cut & paste, sketch & chart, and to visualize and unravel every great and small thought. At its most basic it is a decision that your life has value.

Just listing your experiences and endeavors can reveal incredible things and encourage you to work for the nearly impossible, the rigorous, and the unseen. Recently, during a course on INQUIRY, I was asked to make a list of one hundred things I didn't know. Here a simple list became a prospect for the unknown and an introduction to something new. As Henry Miller states, "Writing, like life itself, is a voyage of discovery."

I have also discovered that journal keeping is a great way to zero in. For instance, if you were preparing to run a marathon and wanted to improve your performance as a runner. You might put together a book that included:

- Diet & Nutrition
- Speed & Strength
- Warm up & Cool down
- Visualization & Meditation
- Cross training
- Profiles of great athletes
- And perhaps a section reserved for ideas and challenges yet to come.

It has been noted that elite athletes keep meticulous journals on their training and competition, not only to advance and validate their hard work and progress, but to mentally prepare them for athletic mastery.

Journals are wonderful for developing projects or keeping to a theme such as wealth building and spiritual practice. It can be used as a restorative retreat or a creative landscape. – A playground of sorts for your professional goals and a keepsake for travel, weddings and anniversaries.

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- Try personalizing your own journal by creating an arrangement that is both practical and natural.
- Ask questions and dialogue with the world.
- Use it with regularity and see if this kindles some sort of journey.

Above all enjoy the adventure! WRITE UPSIDE DOWN, USE DIFFERENT COLORS OF PENS, collect inspiring song lyrics & meaningful quotes, or start on the last page and see where it takes you.

The basic nutrition for a journal differs. Yet the more you nourish it, the more confident and the more willing your imagination & intelligence will be.

Janice Hoffmann is CEO and Founder of Success Is Sweetest www.successissweetest.com A New York City based career and lifestyle coaching boutique.

Pick Up Your Pen and Lose Weight!

By Patti Testerman

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Although every dieter knows that keeping food records is a key to permanent weight loss, few understand the importance of also keeping an "emotional journal." In fact, one dieter lost 100 pounds, thanks in part to the insights gained through daily journaling.

Dieting for weight loss can be as simple as keeping that food diary, or (the more challenging) dipping into the dark waters of the psyche. For example, which emotions motivate, sabotage, side-track, or inspire? Which people are supportive, which ones undermine your focus with snide remarks or constant invitations to ice cream? All will be revealed inside your private journal.

Of all the journal exercises for gaining insight, a favorite is the "Letter to My Body." In this exercise, the dieter actually pens a letter to self, being as honest as possible. A sample might be "Dear Fat Body, I hate you, I hate you, I hate you. I hate your rolls of fat on me, I hate that my knees hurt, I hate that you'd rather have a Danish than let me feel good about myself. I hate that you've been good all day and I know that tonight you'll be a pig."

What does that type of letter accomplish? For many—instead of adding to an already huge portion of self-loathing—it provides a powerful way of recognizing and reversing trigger situations. In this example, when nighttime does come and the journaler heads for the pint of Ben and Jerry's, there's a good chance the letter will be remembered. And, an even better chance that instead of eating a pint, some or none will be chosen.

Journaling to lose weight also involves writing about how your food choices will make you feel tomorrow when you get on the scale, or when you sit down to journal again. And, as you write these letters to self, you'll quickly begin to connect the dots, and track the ways in which everyday life impacts your food choices.

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Keeping a journal will also help with weight loss because it's almost impossible to get to know yourself on a deep, intimate level and then continue with self-destructive behavior. Fortunately, we're just not made that way.

So tonight, instead of settling in with a pizza and beer, take some time to write a letter to yourself and analyze what your hunger is really about. I guarantee you, it isn't food.

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Patti Testerman is content manager at JournalGenie.com, the only online site that analyzes your writing and then gives you instant feedback. Want to discover self-defeating patterns, or find better ways to communicate in a relationship? Check out our site.



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