

10 tips

for better journaling

(Or as one author would have it: 10 tips for writing your way to a better life)

The title of Sandy Grason's book promises a lot. *Journalution: Journaling to Awaken Your Inner Voice, Heal Your Life, and Manifest Your Dreams.*

Wow! Just by putting pen to paper?

Charm asked Grason, who lives in South Florida, to let us in on a few of her secrets for journaling her way to a better life. Here's what she suggests:



Grason

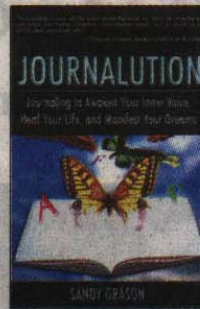
1. No rules, just write. You don't have to write every day. Do you have shelves filled with half-empty journals? Each time you write, you get a little bit closer to your soul. You are giving your inner wisdom a safe place to surface. So no more guilt! Your journal is your friend.

2. Journal with prompts. Prompts are the magic launching pad that will get you writing and quiet your inner critic. A prompt can be anything — a word, a thought, or a phrase — that encourages you to begin journaling. Find them anywhere, a poem, a line from a song or even a billboard.

3. Journal for a minute. Use a simple kitchen timer, write a prompt at the top of the page and begin. Just keep that pen moving until the timer goes off.

4. Journal when you're angry. Next time you find yourself frustrated or angry, grab a pen and your journal and let it rip. Allow yourself to write all the things you'd never say. Let the emotions pour out of you and know that no matter how awful the words seem, it's better they land on the paper than on fellow human beings.

5. Ask a question. Write a question and journal the first thing that pops into your mind. Don't edit yourself.



6. Journal a vision. Create a vision for one area of your life (career, relationship, financial, family, spiritual) and then move onto an entire life vision. No dream is too big or too small to deserve attention.

7. Journal with a group. Use journaling prompts and journal for 10 minutes, read and share and journal some more. For group journaling tips, visit www.Journalution.com.

8. Journal your gratitude. Expressing gratitude in your journal connects you to a state of appreciation that spills over into everything you do. Write down five things you are grateful for right now.

9. Journal with a higher energy. Write about a time when you felt particularly close to a higher power. Journal about how that connection felt. Did you feel guided in a certain direction? Did you hear a voice or a whisper?

10. Journal your joy. When was the last time you felt real joy — laughter bubbling up from within, a blissful stillness or feeling of contentment? Write about it. What types of things have brought you the most joy in your life? See if you can distill these moments down to one statement that sums up the theme of your joy.

— Amy Royster