

Journal Writing: 10 Tips on Getting Started!

Journal writing is a powerful and useful technique... in the last post I discussed the benefits of journal writing. Today I'm going to give you tips on how to get started!

Many of us have major blocks when it comes to the thought of writing ... "I'm not a writer!"... "what would I write??"... "I don't know where to start!!"..."what do I say??"

Does this sound familiar? These were a few thoughts running through my head when I first heard about the benefits of journal writing and contemplated giving it a go.

Once I started my journal, it became addictive... in the very best sense!

How to get started:

- get yourself a large notebook, writing pad, diary, personal journal, or set yourself up with a folder on your computer, that is specifically where you will do your writing
- you can handwrite or use a computer. Handwriting is more flexible because you can do your journal writing wherever you want e.g. in the park, in the car or wherever you get the urge -- sometimes you are not anywhere where you can access your computer
- find a place where you can keep your journal where no one else can see it or find it -- your journal is very private!
- your journal writing is for your eyes only! You are not writing an academic article or an assignment or something that is going to be read by any other person but you!
- when you first start, your writing may feel stilted or awkward... just keep going and soon you'll find thoughts will begin to flow and you'll begin writing almost automatically. Sometimes I don't think I will

write any more than a couple of lines... but once I get going, it begins to flow and sometimes I end up with a couple of pages

- it doesn't matter if you write only a couple of words or a saga! Length isn't important
- in the beginning, I found I was trying to make my writing look good and read properly -- because your journal writing is only for you, don't worry about grammar, punctuation, neatness, making sense, or sentence structure. The key is to just write, write and write!
- it's beneficial to date every entry e.g. Wednesday 19/3/08. This is useful when you want to reread your journal; you can see how you were going at a certain time in your life compared to where you are now.
- in the beginning, it can be useful to set aside a certain period of the day where you do your writing; this isn't always possible because of commitments, schedules and responsibilities... but try to do some journal writing each day
- journal writing is a very personal experience... therefore there is no right or wrong way for doing it... you will find your own way and it will be perfect!

Jeanne May

March, 2008

<http://www.aspirationsplus.com>