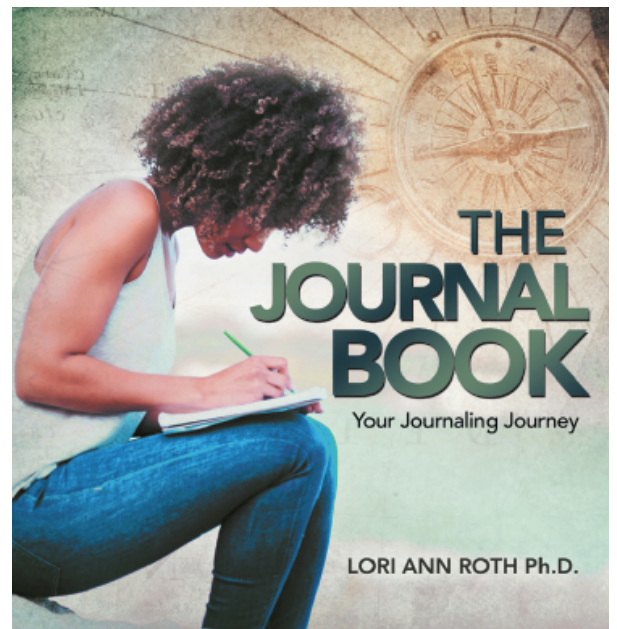


# Benefits of Journaling

## ***You feel better.***

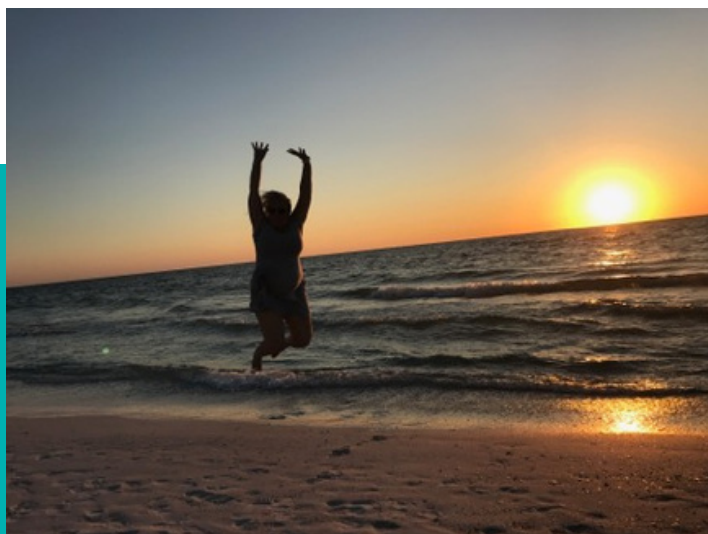
According to Dr. Marty Seligman [authentic happiness.com](http://authentic happiness.com) and Robert Emmons

[http://greatergood.berkeley.edu/author/Robert\\_Emmons](http://greatergood.berkeley.edu/author/Robert_Emmons) being grateful – giving thanks – makes you happier. Keeping a gratitude journal where you would write 5 things you were thankful for not more than 3 times a week seems to be a key to being happier. I have been keeping a gratitude journal for the last 10 years and I am definitely happier after I write in the journal. And it lasts all day long!



## **You will be more positive!**

If you saw the movie with Queen Latifah [https://en.wikipedia.org/wiki/Queen\\_Latifah](https://en.wikipedia.org/wiki/Queen_Latifah) called *Last Holiday*, you know that she kept a “possibilities journal”. Her journal had pictures of all of the things on her bucket list. I have a special journal where I write what I want to happen in the future. I have lists of things that I wish to happen in my life. This type of journal gives me hope that I can live a better life, that good things will happen – even if it just a story I tell myself. If find that I am much more positive after writing in my “possibilities journal.”



*Feel Better*  
*and more*  
*Positive!*



### **You can Remember the Past**

Sometimes the past can be blurry. Most of us cannot remember what we ate for lunch yesterday. I have said to myself, “what was I thinking back then when I made that stupid decision?” Yes, I have gone back years in my journal to try not to make the same mistake again. I want to learn from my mistakes and my successes.

### ***You can Remember Great Ideas***

I keep a journal beside my bed because I get great ideas in the night. When your body sleeps your mind is still processing. I have learned how to ask for an answer to a problem that I have before I sleep and my mind will process the answer. This happened to me as I was writing my dissertation. I was fixated on the next step in my theory when at 2am – BOOM – the idea came to me. Fortunately, I had a journal handy and wrote down my idea – I found it in the morning and totally forgot that I was awake at 2am. It was almost as if someone else wrote the answer to my questions – in my handwriting.

*Remember  
Great Ideas  
and the Past*



## ***You can sleep at night.***

Before I learned how to journal I had thoughts invade my brain. "What do I need to do tomorrow? What will I make for breakfast? How will I show up in the big meeting on Tuesday? Did I turn off the light in the TV room?" Now, I journal before bed and I write down all of my thoughts, worries, dreams, and strategies. This helps me delete the random thoughts so I can sleep.



## **Don't worry anymore.**

Recently, I realized that I don't ever have to worry. I have always heard the mantra, "live in the present" but I just learned how to apply it to my life. I write what I am worried about in my journal then I go about my day. I let my journal worry for me and I take action to solve my issues. We worry about the past or the future. In the present we are living the problem so we are not worrying – we are living.



*No Worries!*



*Sleep  
at Night!*

## ***You won't lose friends***

Have you ever been so upset with someone you love that you told them, without your filter? There is no way to take back what you say. If you write in a journal when you are upset with a friend, they don't need to know what you think or write about them. I have done this many times. After my emotions are out then I can think logically and strategize about what to do and how to better communicate my issue with my friend.



## ***You won't hold a grudge***

Many of my family members and friends that I know hold grudges. Someone made you upset so you just don't talk to them or you talk about them – neither is a good strategy. I write about what made me upset and keep writing about it – I get my emotions out, then I strategize about what to do in that situation. Then I let it go once I have my plan of action.



*Friendship  
is a gift*





### ***You get answers to your Prayers***

I keep a prayer journal. I learned how to do this from my roommate in college. She told me to write the date of the prayer – the prayer – then the date it was answered across the top of the page. I have been doing this for over 40 years and I can see what my prayers were from the past and how they were answered. I am NOT saying that all prayers will be granted (like a genie) but I can see the date that they were answered.

### ***You can lose Weight***

Yes, even Weight Watchers(C) knows that if you write down everything you eat you will eat less. This strategy has been proven in many University and independent studies including WEB MD

<http://www.webmd.com/diet/news/20080708/keeping-food-diary-helps-lose-weight>

*Prayers are  
Answered* ...

### ***You can Write Better & Faster***

They say that practice makes perfect. In the book, Outliers by Malcom Gladwell <http://gladwell.com/outliers/the-10000-hour-rule/> he says that after 10,000 hours of practice you can be a “master”. The more you write, the better you get at writing. I have noticed that my thoughts come faster and I can type as I think. It is easier for me to sit down to write now than it was when I was in college. Words, thoughts, ideas just come to me faster because I have practice writing my ideas in a book for