

Journaling

Writing in a journal helps you find peace of mind and clears negative emotions. It helps get rid of clutter and brings your mind home. As you are writing your mind and heart connect and the process can make you feel good. Research has shown that there are many mental and physical health benefits.

Julia Cameron developed a style called morning pages in *The Artist's Way*. This is a method of handwriting three pages daily in the mornings. The purpose is to help you clear or empty your brain first thing in the morning. As you continue writing throughout the weeks and months you move past your complaints and to do lists to a more authentic part of yourself. You will have the opportunity to listen to "the still small voice within." While you do that you will gain clarity on what is bothering you and what to do about it. According to Cameron the pages, "afford us rehearsal space until we choose to act."

Other common methods of journaling include focusing on particular topics: write the pros and cons of decisions; develop an idea; write and analyze your dreams; write your wishes and goals; write about the same event over a period of days to see the calming and change in perspective; dialogue from different perspectives of yourself; use it with meditation for spiritual guidance or to be in touch with your higher self; and anything else to help you sort out your emotions, relationships, and directions for your life. Journaling is one of the best things to do for your self-development.

How will you journal? What will you commit to?