

journaling tips for beginners

Write, Discover & Grow

1 Be open to the process

Be open to thoughts and emotions that come up and allow them to surface. Allow your thoughts to be written, however beautiful or ugly; wonderful or unflattering they may seem.

2 Begin with meditation, prayer, or tapping

Purposeful writing practice includes creating a relaxed atmosphere and setting an intention for your writing.

3 Write in a continuous flow for at least 15 minutes

Often the first 2 -3 minutes of journaling is needed to process through the surface-level thoughts you have before allowing yourself to go deeper. It may be easier to journal about day-to-day events rather than reflect on your emotions. While it is easier to start with the recounting of events, try to move to the emotions and the thoughts behind what is happening.

4 Write freely

Journaling is an engagement between you and the paper. Let your thoughts flow uninterrupted by self-criticism or recrimination. Try not to edit while you write; don't worry about spelling or grammar.

5 Write authentically

Your journal is you in the written form. Let it be the real and authentic you. Always know that you can destroy what you have written. Journal without the burden of imagining that someone will discover your journal and read it. Redirect your journaling if you observe that you are writing for an audience because it may limit the degree to which you may be willing to be authentic.

6 Use prompts

Prompts remove the intimidation of the blank page.