

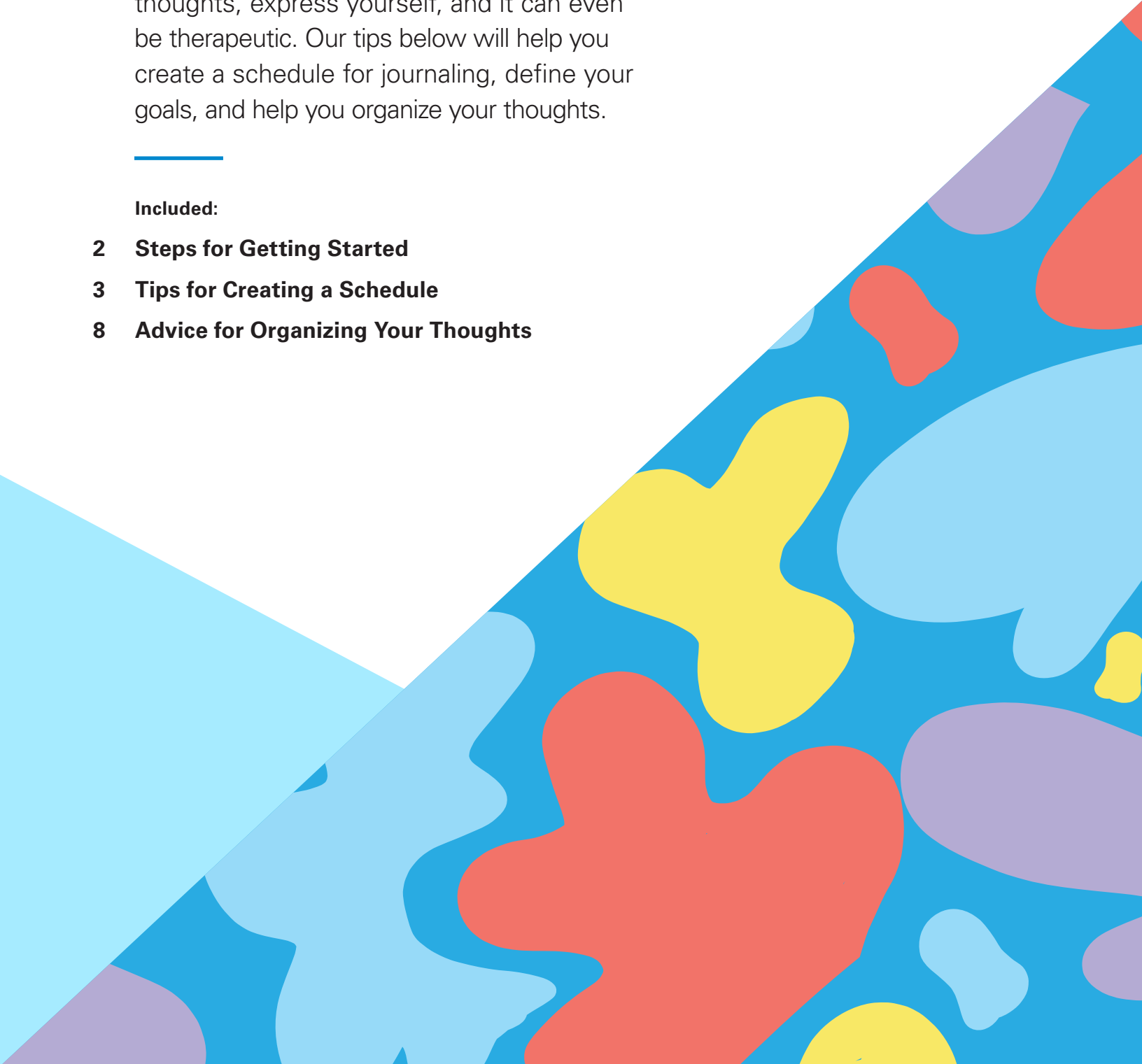
FOR HOME

# Quick Guide to Journaling

Journaling is a great way to capture your thoughts, express yourself, and it can even be therapeutic. Our tips below will help you create a schedule for journaling, define your goals, and help you organize your thoughts.

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Included:

- 2 Steps for Getting Started**
  - 3 Tips for Creating a Schedule**
  - 8 Advice for Organizing Your Thoughts**
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## A Quick Guide to Journaling

# Let's Get Started!

Below are the steps you can take to get started on journaling.

### 1) First, Find a Journal and Pens or Pencils

There are SO many different journals to choose from, that it should be easy to find one that fits your personal style. Pens may not seem all that important, but they can help make the act of writing easier or harder. Ballpoint pens are most widely used, while gel pens tend to glide more smoothly across the page. Get creative! Try colored pencils or markers to help add some color to your journal.

### 2) Think About Why You Want to Start Journaling

There are many different reasons why people start a journal. You might be looking for a creative outlet, or you **might** want to journal about your life, so you can reflect. Journaling is a great way to gain insights from events in your life, past and present. A journal can help you capture creative ideas, so you can expand upon them. You may want to use your journal in multiple ways. Try doodling and sketching as well in your journal. It might inspire you.

### 3) List Your Goals

Do you want to journal every day, become more creative, or improve your writing skills? Defining your goal will help you focus your writing and give you a sense of purpose once you begin writing.

## What You Will Need

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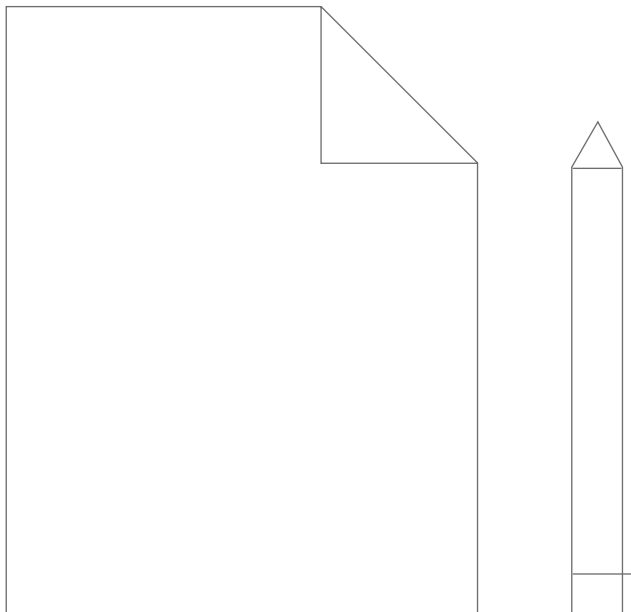
Hammermill® Premium Multi-Purpose 24 lb.

## A Quick Guide to Journaling

# Create a Schedule

Decide on a realistic schedule for making journal entries that you will be able to stick to. You don't have to write a full page in your journal every night. Try writing at least one sentence before bed. The last thing you want to do is to force yourself to write and have journaling become like a chore.

Fill in our schedule below to help you stay on track.



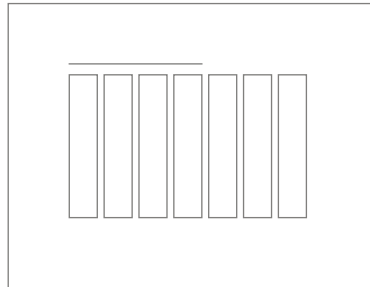
## What You Will Need

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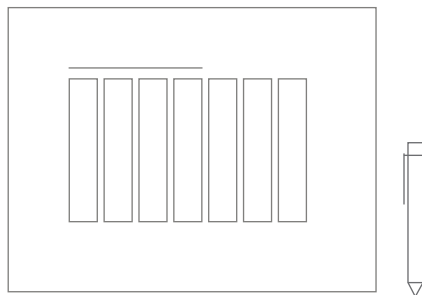
## Create a Schedule

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1. Print out the template.



2. Write the dates on the top and start to fill up the tasks for the week.



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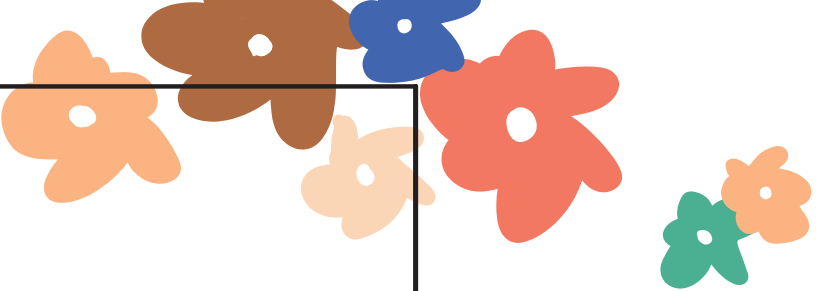
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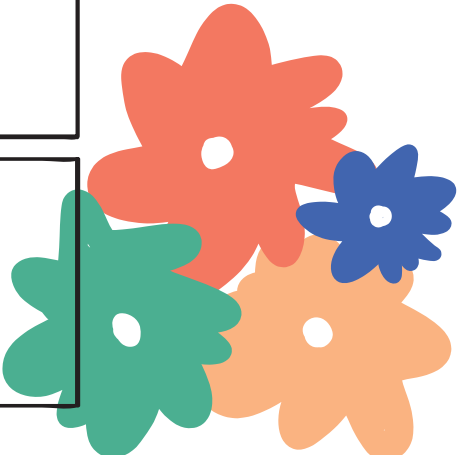
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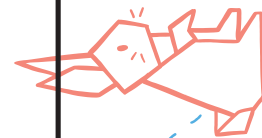
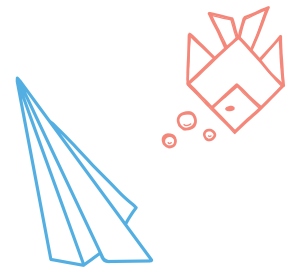
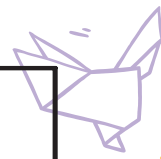
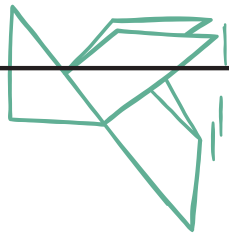
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## A Quick Guide to Journaling

# Organize Your Thoughts

Organize your thoughts in a way that will help you work toward your goals. Below are a few different types of journals. Choose one, or combine multiple types to suit your needs.

### Classic Journal

A classic journal is best for those **who** like to write in a stream of consciousness. You write whenever you feel like it, capturing your thoughts in long-form paragraphs.

### Travel Journal

A travel journal is perfect for those **who** are consumed by wanderlust. Keep track of all of your trips by capturing details about every place you visit. Write about the food you eat, the scenery, and people you meet.

### Reading Journal

Avid readers can benefit from keeping a reading journal. Keep a record of the books you read, want to buy, and an inventory of what's in your library. Capture your favorite quotes and passages.

### Dream Journal

Every morning you write what you dreamt about during the night. You capture imagery and details from your dreams.

### Gratitude Journal

Sometimes life gets hectic and we find it harder to focus and appreciate the things that are most important to us. A gratitude journal will help you focus on **the positive** aspects of your life. You **can** write something you're grateful for every night before bed.

### Creative Journal

A creative journal could be a collection of sketches, collages, observations, and/or a place to record ideas. This type of journal is great for developing creative processes and inspiring creativity.



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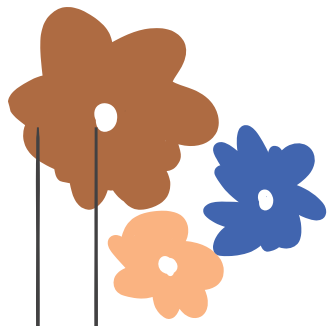
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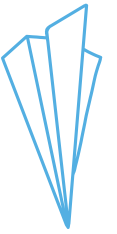

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