



7 TIPS TO START YOUR OWN JOURNAL

WHEN YOU'RE A BUSY MOM

EPIC JOURNAL WRITING TIPS YOU MUST KNOW

CHOOSE YOUR JOURNAL

options include bullet, classic, vision, dream, gratitude, positivity, line-a-day, prayer, project, food or travel journal



SCHEDULE WRITING TIME

make journaling part of your daily routine either first thing in the morning or the last thing you do at night



WRITE EVERY SINGLE DAY

make journal writing a habit to get the most benefit from it



START SIMPLE

forget about style and substance just start writing



WRITE ABOUT YOUR DAY

consider things that happened and how it made you feel, what you would do the same or differently and why



KEEP IT PRIVATE

to allow yourself journaling freedom and to be totally honest



HAVE FUN

there is no rules or expectations when it comes to journaling, just keep going and have fun with it

