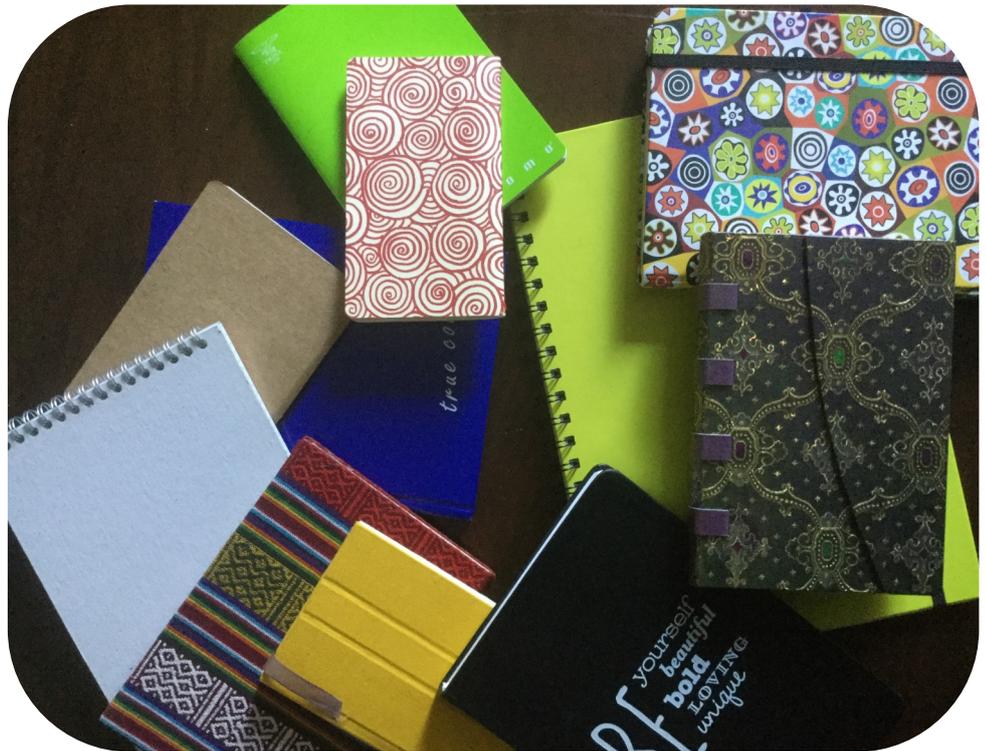


Journaling

MATERIAL NEEDED:

- * A notebook (anything that you like or you are drawn to). You can also decide to make your very own
- * Pens and pencils, scraps of paper and any other media you want to use to enrich and embellish your journal



First, pick the right notebook...

Journaling is a practice that lately has increased in popularity, probably because able to embody most of the principle of mindfulness. Keeping a diary and transferring on paper personal deep thoughts and emotions is a very ancient practice though, and people have done it for centuries. It is easy to find several examples in literature and history. But what is really journaling? Scrapbooks, diaries, bullet point journaling...there is something for everybody and every taste...

Decide the one direction that feels closer to your sensitivity and needs.

There are a few common elements that will make you start; the rest is just individual creativity...

...it can be a very fancy notebook or just a simple pad. You can decide to personalize it on your own, covering it with a nice paper or fabric and embellish it with whatever your imagination can think of. There is flexibility for the format too. However, try to choose notebook that you can easily transport from place-to-place, so that you can write and add to your journal regularly.

Journaling

Different types of journals

1. Writing Journal: the most traditional option.

Every page enshrines your thoughts, things that happened to you during the day, emotions, and feelings.

2. Bullet Journal: perfect for someone who writes a lot of lists. It is still great to have all of your records in one place. You can keep a bullet journal on your phone in your notes app as well. Many others prefer to write down their lists instead. One fun option involves using markers to create the bullet points. If you love the idea of color-coding your list, a bullet journal might be the most visually appealing option for you. It can also be a practical way to help you get through your day.

3. Dream Journal: keep the dream journal by your bedside so that you can write your dreams as soon as you are awake, when they are still fresh in your mind.

4. Travel Journal: a special writing journal to narrate your holidays or any kind of journey you are taking.

5. Art/Craft Journal: an art journal can be used in a myriad of ways. It is a valuable asset for safe keeping your creative ideas and artistic experimentations. It can also be an excellent place for you to write down your experiences with words and clipart when you visit different museums or try different crafts.

6. Reading Journal: if you are a part of a book club, a reading journal is one of the perfect types of journals to keep. As you read a book, write down your thoughts about different chapters.

Write down the events that resonated with you deeply in the book. Write down different quotes that spoke to your soul. When you go to the book club session, you can quickly pull out your reading journal and share your perspective with the group.

7. Gratitude Journal: a fantastic way to practise mindfulness. Record things that make you feel grateful and happy during your day. Pay attention and start noticing even the littlest and apparently insignificant (but filled with value!) things around you.

8. Pocket Journal: small, even tiny journal that you can always keep with you to annotate ideas, things you need to remember, thoughts and inspirational things you come across in your life.

**Give it a go
and have
FUN!**

If you start out to create the perfect journal, remember that there is no such thing. Your journal is documenting your journey. Your journey will have flaws and imperfections, but I will be yours. Try not to over analyse the process and make it a new source of stress. It is there for you as a source of happiness and satisfaction. Take it one day at a time.