



Jumpstart Journal: Build A Journaling Habit In 8 Weeks

Marcia Norris

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The ultimate goal of this book is to provide a play space for you to develop your own unique journaling habits. Perhaps you tried journaling before, but gave up after a few days. Maybe you couldn't get your momentum going, or you were stumped for a topic to write about, or journaling felt like yet another item to add to your already busy schedule. You're not alone in feeling this way. But you are smarter than the rest by using this book to help you along.

Jumpstart Journaling will provide basic tools and exercises to help you get into the habit of journaling as part of a long-term life practice. And just like an exercise regimen or improving your diet, journaling takes commitment and consistency. You will need to exert effort to pump up your journaling muscle. Words may not flow freely from your pen on day one, but each day will get easier. There are no rules. Be courageous!

Week 1 – Concentrate on getting into a writing routine

Week 2 – Experiment with what time of day is conducive for you

Week 3 – Increase the length of time you spend writing daily

Week 4 – Dabble with adding color and creativity

Week 5 – Decide on some basic preferences to practice

Week 6 – Challenge the structure laid out on the page

Week 7 – Choose the subjects you prefer to write about

Week 8 – Make associations so journaling becomes routine

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