

# WHAT IS A JOURNAL?

## A BEGINNERS GUIDE

### HOW TO DECIDE ON A JOURNAL TO USE



## Great Ideas and Tips To Get you Started

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The information in this eBook is purely to show you how to go about starting a Journal if you are interested! Let us review a few ideas and tips for making journaling part of your daily routine. If you are interested, then this eBook is for you.

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**"The pen is mightier than the sword."**

Is a metonymic adage, coined by English author Edward Bulwer-Lytton in 1839.

## **Ten Types of Journals You Can Create**

When you begin journaling, it will likely occur to you that having more than one type of journal might be the best way to keep everything organized. When you have more than one kind of diary, you can simply go to the specific diary to work on one issue at a time or keep something organized so you can make better decisions.

1. **Bullet Journals** – This type of journal is useful for anyone who has lots of to-do lists, loves using a pen and paper, and who enjoys goal tracking. Your journal should have a table of contents that you create as you add to the journal so you can find things. You will use symbols, colours, and lines to make your bullet journal. You should be able to understand, briefly, what is on the page.

2. **Vision Journals** – You may have heard of vision boards, and this is essentially it, except it is a journal that helps lead you to your vision. The way it works is that you set up the journal to have only one goal per page. Then you can write words, add pictures, or draw something that enables you to make plans to reach that goal. When you do reach the goal, be sure to go back and add the date of achievement.

3. **Line a Day Journals** – This journal is what it is called – you write down only one line a day. You will simply write in the journal a short line about what you did that day. It should be only a sentence or two at the most and should not take up that much space in your journal. Some people like using a calendar and a pen for this.

4. **Classic Journal** – This is simply a diary, and you can write whatever you want in it every day. It can be long, short, or you can skip days if you want to. The classic journal is just like the diary that you may have kept as a child. You write whatever you want in it but do it daily.

5. **Prayer Journal** – This is a journal where you essentially act like your diary or journal is your higher power. Write to God your prayers instead of saying them. Write them down so you remember them and can look back on them.

6. **Dream Journal** – Some people like tracking their dreams because they believe that dreams provide signs for life. If you want to follow your dreams, you must train yourself to write in your Dream Journal every morning while you still remember the dream. Write about the vision and then research what it means and write about that too.

7. **Food Journal** – ‘*You are what you eat!*’ Write down everything you eat every day. Some people like to include the calorie contents and so forth. It can also help to write down why you eat it, how you felt about eating it, what time of day did you eat it.

8. **Travel Journal** – A fantastic way to remember your travels is to keep a travel journal. Some people like making one for each trip so that it is easier to remember. You can write your thoughts in your journal, but you can also attach tickets, pics, and memories.

9. **Gratitude Journal** – This is just what it sounds like. It is a journal where you record each day what you are thankful for and grateful. Nothing can be harmful in this journal because it is designed to help you think more positively.

10. **Project Journal** – This is a handy journal to keep, especially for anyone who continually works on projects. Keeping a journal of each project you work on that records actions taken, results, and data will help you improve every project but will also help you look back on this one with excitement.

If you want to journal to help work through a problem, keeping specific journals for different things is an effective way to go about it. It is also a great way to store your thoughts and memories for the future in a more organized and useful manner.

[JOURNALING] IS LIKE  
WHISPERING  
TO ONE'S SELF AND  
LISTENING  
AT THE SAME TIME

MINA MURRAY, DRACULA