

# **YOUR JOURNAL JOURNEY**

**YOU NEVER KNOW WHERE YOU MIGHT END UP**



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## Introduction



When you hear the word "Journal," what do you think?

Too often, our impression of journaling is sitting hunched over a leatherbound book, endlessly struggling to find the right words as we detail our day. Sure, we know journaling is good for us, kind of like eating right is good for us. This doesn't mean it's something you're going to enjoy doing.

Or can you?

First, before going any further, you need to recognize a fundamental truth about journaling: there are many ways to journal for success. And while there is something some refer to as a 'success journal,' every journal can put you on the road to success if you're doing it right.

So how do you go about plotting a better life through journaling?

You start by determining what areas of your life you'd like to work on. Journaling to improve the results of whatever you set out to do depends on how you're using journaling and which journals you're using.

Where to begin?

In this book, you will learn ten different ways to journal your way to success. Each method involves learning about a new journal and examining why this particular journal can help you succeed at your goals. You'll even get an example of each type of journal entry, so you can immediately give this kind of journaling a try.

Once you've experimented a little with different types of journaling, you will pick your first journal, then learn ten different power tips that will help you get started.

This should be an exciting process. You'll have a lot of fun doing it.

Forget the stuffy vision of journaling you used to have. This is *your Journal Journey* and it's going to take you everywhere you want to go.

Let's begin!