



Keep a personal journal

Bởi:

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“Keeping a personal journal is a high leverage Quadrant II [important, but not urgent] activity that significantly increases self-awareness and enhances the synergy among it and consciousness, independent will and creative imagination.”

Stephen R. Covey: *First Things First*

One of the most effective ways to get to know yourself better is keeping a personal journal. It will help you rid yourself of negative emotions that shouldn't be vented on others, gain a higher level of self-understanding, and crystallize your goals and dreams. A daily journal can be much more than a diary; it can be a powerful method of tapping into the untold spiritual power of your subconscious mind. Don't be discouraged if you miss several days or even weeks, just keep coming back to it. Here are ten good reasons for you to keep a journal:

It will help you improve your memory.

Recording in a journal can be an effective and safe emotional catharsis.

Regular journaling can help you better understand why you think and feel the way you do, and achieve a rational understanding of why you react the way you do.

It can help you see the major patterns in your life, such as how you spend your time and money or how you respond to stress.

It clarifies your goals and values.

Reflection and writing can uncover hidden talents and aspirations — you may decide to become a poet or a writer!

It can be the forum where you give yourself permission to be the person you want to be and do the things you want to do.

Journaling creates discipline, thereby enhancing self-esteem.

It helps you set aside some protected time for yourself.

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Time with the journal gives you a regular opportunity for reflection and prayer.

Keep your journals. Every so often, at least once a year, go back through and read the old ones. It will help you keep a long term perspective, and monitor the changes that are continuously taking place in yourself. And, you might find that you're becoming a pretty good writer compared with the rough early attempts at putting your thoughts and emotions down on paper.