

[Free and download] Jumpstart Journal: Build A Journaling Habit In 8 Weeks

Jumpstart Journal: Build A Journaling Habit In 8 Weeks

Marcia Norris

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Marcia Norris : Jumpstart Journal: Build A Journaling Habit In 8 Weeks before purchasing it in order to gage whether or not it would be worth my time, and all praised Jumpstart Journal: Build A Journaling Habit In 8 Weeks:

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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 couldnt 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. Youre 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