# Journaling Techniques: 12 Tips for Writing Morning Pages



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Many people wrote their diaries when they were younger. Although the journaling idea seems childish, psychologists claim that it is our mind and soul relief. Below, you will get some tips. Try them, and you will see the difference in how you feel, live, and run a business!

## # That is mental health

Julie Cameron, the author of *The Artist's Way,* supports that activity too. Successful people write journals to analyze experiences and learn from mistakes. For example, JK Rowling, Eminem, and Oprah Winfrey keep a diary. You can get to know yourself and change your life for the better. The author suggests starting your day with a 15-20 minute Morning Pages technique. Start a timer, pick up a pen and a couple of pieces of paper. Pour everything stuck in your head onto paper - any experiences, difficulties, and joys.

## # Write daily

Sometimes, writing bothers people when they have some other things to do. As a result, they drop it and return to practice. You may change paper and pen to your laptop and play with questions to yourselves. Do not spend an hour if you have to do something else. However, add the task to the to-do list. Try even fifteen minutes, but do not let that mood stop you from the writing routine! Morning pages help to relieve the emotional burden and stumble upon some interesting clues from the subconscious. Finally, that is useful to start the day not by checking social networks but by talking to yourself.

## # No censorship!

This concept is simple. After opening your eyes, sit down and write down three pages, or as much as you can, preferably by hand. There are no wrong ways in different topics. You do not have to edit your grammar or spelling as in the presentation for your partners. Write what you want. If you practice with separation in your mind of what you have the right to write or not, you may be censoring yourself. The point of Morning Pages is not to edit yourself but see what happens. Rewriting and editing are the most challenging tasks if you prepare a text for publicity. However, these pages are just for you. Thus, enjoy the mind flow!

## # Add some technologies

There are numerous Morning Pages applications. Check on Google Play or Appstore to take morning notes in it. Most of the applications are free, with the simple function of encouraging you to write 500 words every day. That is the first thing to set aside 15 minutes to throw in the text version of everything in your head. By writing down remnants of emotions from yesterday, long-term experiences, inside jokes, and just thoughts that run back and forth, you start the day literally with a clean slate. The advantage of application usage is that everyone can make such morning pages while traveling.

## # Get ready

On average, it takes 30-40 minutes to write three pages. Keep that in mind when setting your alarm clock in the evening. You can not write in the bustle, in a hurry to start the morning routine. The purpose is to add time to my day by getting rid of worries and depression. Writing makes us more focused, solves more problems with concentrated energy. When you are no longer in the prison of overthinking, your mind can focus on the present moment. That changed everything. The day transforms significantly from overthinking to balance and presence.

## # Keep privacy

Do not show the pages to anyone. What you reveal on your pages is only for you. Also, do not read at once what you wrote. It is important. You can re-read the written only after four weeks when your emotions become calmer. When you forget some hard feelings, you will find the eternal truth in confusing issues.

## # Meditate

Do not worry if the first time you have nothing to write. Document quickly, without choosing words and thinking about style and grammar. Do not formulate a thought before writing but transfer it to paper straight from your head. Write all three sheets of paper with the phrase "today I have nothing to tell." That is a surprise of how much you have to say about that! The next day this problem will not arise. You may think about who you are. What is it like to be you without fixing or changing anything? What difficult moments have made you stronger and wiser? Then you realize that you are unique and stop judging yourself. You become kind to yourself and others.

## # Reveal sadness and hard feelings

Don't be afraid of negative thoughts, don't try to write exclusively in a positive way, and don't try to censor the text. The wisest, most loving, and understanding people you've met have likely sipped a lot of grief. Difficult life situations give invaluable experience and make us better. When you write about something negative, you can free yourself from those thoughts and find possible ways out of difficult situations. Listen to your inner voice, to your soul. Do what helps to be better and not to seem cool in the eyes of others. Force positivism is as wrong as constant grief. Thus, listen to yourself, and do not live by the opinions of others.

## # Accept who you think you are

To accomplish the previous rule, forgive yourself for all the wrong decisions. For actions that hurt someone. For the misunderstanding of others. Forgive yourself for the mistakes of youth. These are all life experiences needed to become a better person. Likewise, often people say unpleasant and even offensive things that stay in our consciousness for a long time. You cannot influence that and force everyone to be diplomatic and well-mannered. But you may not take their statements to heart. Learn to deal with unpleasant words and actions calmly. Write down thoughts and forgive.

## # What you are afraid of may never come true

The most violent conflicts occur in thoughts, and terrible things happen in your head. Those may never be in reality. Think of that when you write down and become emotionally wick. Do not once again become a hostage to your mind. Chase your thoughts. What is the idea that haunts you? What belief makes you better? How have they affected your behavior?

## # Set priorities

Use the pages to improve yourself. Learn to distinguish essential things from momentary desires. Examine your habits. Figure out where your time is passing by and get rid of distractions. Over time, you will realize what nonsense you sometimes spend time on. Don't waste your potential on petty dramas that don't mean anything.

## # Observe your success

You are not who you were a year, a month, or even a week ago. You develop, change, gain new experience. Even if you think your achievements are a joke and not enough, that is not true. Admit even slight positive changes in your habits, routine, and skills. Ask yourself what used to seem overwhelming is now simple. What are you having a hard time dealing with right now?

## # Develop the way you talk

Written speech is more structured than oral speech. That is a fact. But it comes with a bit of practice as long as you have no permission to edit. With time you begin considering interaction with symbols, language parts, and building a sentence. You think figuratively and get the ability to transfer information to other people and even generations.

You will not get to the top of the mountain with one jump, but you will conquer Everest by taking many steps. One morning of self-improvement will not make life better. But constant analysis of thoughts and actions will significantly change it. Make regular notes and take stock of yourself and your life. Grow and develop by becoming better than you were even yesterday. Have a good day!