

13 REASONS TO JOURNAL

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There are as many reasons to write journals as there are people writing them. Here are a baker's dozen! See which ones most appeal to you.

1. Discover the writer within you! Your journal doesn't care if you spell words correctly, put commas in the right places, or scribble in the margins. No "wrongs" -- just write!

2. Keep a record of how your life unfolds. Whether you're writing a memoir, keepsakes for your children or grandchildren, or memories for the future -- your journal holds it all.

3. Get to know different parts of yourselves. We all have "subpersonalities" made up of parts of ourselves -- the Inner Critic, the Gardener, the Goofy Pal. Your journal can help you befriend and integrate your various parts.

4. A journal is a friend in need. Your journal is a valuable tool in the growth process. You'll always find there's a friend at the end of your pen, ready to listen, advise and console.

5. Heal your relationships. Your journal provides a safe forum to ventilate strong feelings that may not be appropriate for direct expression. This leaves you sane and sensible for more productive conversations and behaviors.

6. Contribute to your better health. Evidence-based research indicates that those who write away their stress and document the meaning in their lives have improved immune system functioning, faster wound healing after surgery, greater clarity and purpose, and many other health benefits.

7. Work with your dreams. Any writing technique you would use in your "day" journal can be adapted for its "night write" counterpart. Unlock the power and mystery of your dreams!

8. Maximize time and business efficiency. Many of the most popular motivational and inspirational speakers -- among them Oprah Winfrey, Tony Robbins, Michael Hyatt and the late Steven Covey -- tout journal writing as an essential component to professional and personal success.

9. Befriend your intuition. Intuition communicates in images, symbols and inner sensings. Exploring these in writing unlocks their power and helps you develop a clear sense of your unique intuitive path.

10. Explore your creativity. Your journal is a generous canvas for expressions of creativity you thought were non-existent or buried. Write a poem, draw a picture, make a collage, doodle a cartoon!

11. Track the cycles, patterns, and trends of your life. With a commitment to chart yourself for a few weeks or months, you are likely to find valuable information about your own rhythms and patterns.

12. Access information from subconscious/unconscious minds. Journal writing is an excellent way to access and draw information from other levels of awareness.

13. Get in touch with feelings, develop spontaneity, master self-discipline, try on new behaviors, imagine your own possibilities--the list goes on. And the very best reason to write is the one that appeals to you -- write now!

If you are interested in an online journal workshop, contact the counselling unit at 876-970-1992 and leave a message or message Dr Chambers via OURVLE