

Title:

Keeping A Journal Can Change Your Life!

Word Count:

513

Summary:

"Keeping a journal will absolutely change your life in ways you've never imagined." - Oprah Winfrey

Why is it so important to keep a journal?

Here are just a few of the benefits a personal journal will provide you:

- * A journal will remind you of your goals and the actions you are taking towards them every day.

- * It allows you to factually track your progress as you head closer towards your goals. Here is

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Article Body:

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- * It provides detailed information such as dietary changes, calorie reductions, fat reduction,

- * It helps build your self-esteem because you are reaffirming the positive benefits you are achieving.

- * It helps to paint the picture every day of who you are becoming.

- * When you see positive results as they happen, you will become energized with optimism.

Here are a couple of simple journal tips:

Keep a simple, short log, it's easy, and it usually only takes 1 minute of your time. Each day

For example, if having a healthy heart is one of your goals, you will want to keep track of your

Try this simple little exercise. Get out a note pad or a sheet of paper and a pencil. Look at

Fri.- Felt great all day. Weight 135 pounds. Walked briskly for 20 minutes. Had healthy almonds and nuts for snacks.

More than likely, you completed writing down the information in approximately 1 minute. Yet, I

I know how well this works. For the past 6 years, I have kept a simple, yet informative log of

It generally takes me less than two minutes to record the log for any day. It is a habit that has

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