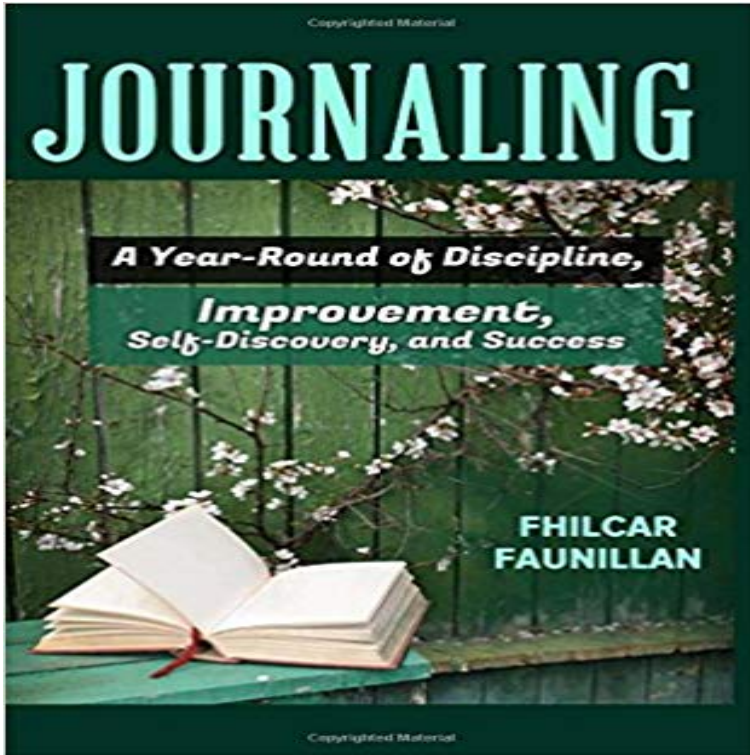


Journaling: A Year-Round of Discipline, Improvement, Self-Discovery, and Success



Ever heard about journals or have thought of maintaining one for yourself? Journaling has always been a vital part of how we humans progressed from our ancient civilization up to this technological era. Information we knew which existed thousands of years ago would not have been understood if there were no journals, relics, and manuscripts which helped explorers, archeologists and scientists understand them better. Through the course of history, journaling started from merely images being sculpted in rocks and caves. Then the Chinese discovered paper in the reign of Emperor Wu of the Han dynasty. Fast forward to this age of technology, most people already do journaling or keep a record of accounts in the form of blogs, videos, and pictures. Most successful people have carried their journals around to document important events, ideas and dreams they have. These journals were eventually discovered after they passed away which helped contribute to further studies in knowing that person better. Journaling: A Year-Round of Discipline, Improvement, Self-Discovery and Success, is a book that will open your eyes about journaling in general. It will cater both to people who are already journaling and to those who are curious about journaling. Discover how people use it to their advantage and know the deeper purpose on why a lot people journal and why you should do it too. This book will also help you jumpstart and give you tips on choosing what to journal. For starters, different material and subject matters are suggested which you can consider writing about from your daily experiences and memories, innermost thoughts, and deepest feelings, to the things that impacted you, your successes and even failures, as well as your dreams and goals. You will be introduced to the different benefits this can give you. Mainly, it preserves the big milestones as well as the all the other little

details that occur in your life. But what is more to this is that it improves your writing skills and builds your creativity, as well as, sharpens your senses and improves your mental well-being. Most importantly, it offers self-insight and allows you to understand yourself better. It fosters personal growth and overall development. You will be able to know how you can discipline yourself when you start with this. Learn the easy concepts in turning it into a habit and making the process a successful one. Starting a journal is either easy or hard for others, but with this book, it will be as easy as counting from one to ten and reciting the ABCs. Another great topic in the book focuses on how journaling is being seen a tool for improvement. Find out how people improve themselves through journaling their successes and failures, as well as setting goals and accomplishing them. You will be thrilled on how the impact and effect of journaling greatly manifests in ones life through time. More importantly, you will be able to realize how journaling is also a tool for self-discovery. Journaling can be an eye opening experience for anyone who goes through it. It is a process of self-discovery and a means of getting to know and understand yourself better. Starting a journal is a not an easy task but the main challenge is keeping it, continuously improving your entries and later, eventually improving yourself. You will see as you breeze through the pages that making end-goals as you journal will take journaling to a whole new level. Things will never be the same as you educate yourself about this and start one after reading this. Couple your pen with a paper and realize for yourself how this powerful life tool can help you grow holistically. Read it, practice it and learn from the tips and strategies that you, as an individual, should know and fully comprehend. Remember that your actions and decisions is also for yourself.

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