

Tips for Successful Journaling

- ◆ Treat your entries with respect, sharing only with those you trust.
- ◆ Date each entry.
- ◆ Write quickly—avoid rewriting or editing.
- ◆ Be honest with yourself.
- ◆ Don't worry about how it looks.
- ◆ Forget about spelling, grammar, and punctuation.
- ◆ Focus on feelings—not just the chronology of events.
- ◆ Make notes as you read.
- ◆ Write in the margins if you want.