Make Writing in a Journal a Daily Habit

Have you ever thought about recording your thoughts to aid in the future? Writing a journal can be an excellent way to do that. People have been keeping journals for over one thousand years, and it’s part of why we know anything about the past. Each person’s experience can vary so much that nearly anything left behind could be enlightening, but these days with the internet, journaling has become a far more private activity. Here are some things to think about in terms of journaling daily and having it help your happiness.

**It Helps You to Work Things Out**

Keeping a journal can help you to problem solve. When you can read your words back to yourself, it becomes much easier to see what kinds of things are usually obstacles. This is especially true of relationships with others. Sometimes it takes a period of time to reflect on the events that have occurred, and a journal can help you to preserve all of your thoughts about feelings about a situation so that you don’t have to rely on the distortions of memory. This will help you to make meaningful and unbiased changes to your attitude if it’s necessary.

**You Can Organize Ideas**

When you write things down, it gives you a visual representation of how they can be organized.

If you have goals or tasks that need to be performed, you can see the order of priority that each task takes, and be able to focus on which ones demand the most attention. For example, seeing when you need to pay bills can remove a lot of stress from your life. If you don’t know when a bill has to be paid and you’re low on funds, then it’s possible that you could be wasting stress and brain power on a bill that might not have to be paid until a week later after you’ve been paid.

**You Can See How Far You’ve Come**

When you have a record of where you were, it allows you to see how much progress you’ve truly had to date. Being able to recognize your own progress has a profound effect on the way that we feel about ourselves and our motivation. When you lose track of how far you’ve come, and moment of depression and angst can make it seem like you’ve never accomplished anything, and you will begin to feel like you won’t ever see a day where you will succeed. Take the time to keep track of where you started.