Experimenting with Your Journal

Journaling is so much more than just putting your thoughts and feelings down on paper. That is definitely a big part of it, but there is almost an endless amount of benefits for your physical, emotional, and mental health. One thing you might not have thought of is experimenting with your journal. By trying out different things and documenting them, you are able to find more clarity into your life.

**Try Different Things**

Experimenting with your journal can be accomplished in a few different ways, depending on what you are trying to get out of it. The first way is by trying new things and documenting it in your journal. The journal is really powerful because it allows you to express how you are feeling about any particular thing, but you often also work things out with it.

So, if you want to try a new diet in order to help with your physical health, you start by making notes about it in your journal. You can then make a meal plan and grocery list. After that, write in the journal each day about how the diet is going, changes to make, and whether or not this “experiment” is working for you.

**Work Out Your Problems**

Another way you can experiment by using your journal is to work out different problems you have. Perhaps you are having some mental health issues, but you can’t really figure out where they are coming from. Are you suffering from increased panic attacks as a result of your anxiety disorder? You can start writing down as many details each time you have a panic attack, and try to figure out what you were doing around that time. In this method, you are experimenting with the panic attacks themselves, both in figuring out the triggers, and also writing down what works for you when you try to resolve them.

**Find More Clarity**

As you can see, experimenting with your journal allows you to find more clarity. The more details you write down in your journal, the more self-awareness you gain. Every facet of your life can be experimented with in a while, from trying new morning or evening routines, to figuring out the perfect method of sleeping better at night. It can be useful for physical and mental health, as well as emotional health if you use your journal in the right way. The key is to write everything down and keep looking back at previous pages when you’re trying to find a pattern.