**Give it a Month**

As you read through all the potential benefits of journaling, it can start to be more intimidating, instead of motivating.

If you find that you aren’t sure journaling is right for you, don’t worry. It might not be right for everyone, but that doesn’t mean it isn’t worth trying!

However, if you are all in, here are some tips to help keep you motivated in the beginning.

**Start Slow with Journaling**

While it is great to journal every day as part of your routine and to document your life, it is by no means mandatory to benefit from it. Some people prefer to just journal every once in a while at first, then when they start thinking of more to write about, they will write in it more often.

Take it slow in the beginning. Get a journal and a pen you would love to use, and just start by talking about who you are or where you are in your life right now. Or maybe you just want to use some journaling prompts in the beginning.

This is YOUR journaling experience, so it is perfectly fine to cater it to your own personal life.

**Don’t Give Up – Give it a Month**

Before you give up on journaling and assume it isn’t for you, just give it a month. One month. Write in your journal every day or at least every couple days for one month. Make note of the day each day for the month until you reach at least 30 days and see how you feel.

Still not into it? That’s ok! Keep the journal around in case you ever feel inclined to write in it again. But don’t give up after a few days because you don’t have this magical clarity and self-awareness you keep talking about.

It rarely happens that quickly.

**Think of it as a Journal, Not a Diary**

One more thing before we go – if you are thinking of your journal like a diary, you might not get the full effects of it. It is great to write about your day, but don’t just leave it at that. Really focus on your thoughts and feelings, goals, dreams, and aspirations. Go a step beyond what your childhood diary was like and really delve into who you are and who you want to be.

This could be the very change you are looking for. Have fun journaling your life!