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Coaching Serious People to Achieve their Biggest Goals!

The Power of Journaling: How Journaling Can Help Manifest Your Desires by Dr. Lewis

Introduction

In recent years, the practice of journaling has gained popularity not only as a tool for self-reflection and emotional processing but also as a means to manifest desires and goals. Manifestation, often associated with the law of attraction, suggests that focusing on positive or desired outcomes can bring them into reality. This article explores the benefits of journaling for manifesting desires, supported by research and psychological theories.

Clarity and Focus

Journaling provides a structured space for individuals to clarify their thoughts, desires, and goals. By articulating what one wants to attract, individuals gain clarity about their aspirations and can articulate them in detail. Research by Gollwitzer and Sheeran (2006) suggests that setting specific goals increases the likelihood of goal attainment. Journaling allows individuals to specify their desires, making them more tangible and achievable. The more specific the communication about your goal, the more your subconscious mind understands the "instructions."

Visualization and Affirmation

Writing about desired outcomes in a journal can aid in visualization and affirmation. Visualization techniques, rooted in cognitive psychology, suggest that mentally picturing desired outcomes enhances motivation and goal pursuit (Lippmann et al., 2019). Journaling serves as a tool for individuals to not only visualize their desires but also affirm their belief in achieving them. The act of writing reinforces positive affirmations, fostering a mindset conducive to manifestation.

Emotional Regulation

The focus that I teach for journaling is to impress upon the subconscious mind-give it the instructions. However, research does support journaling as a way to tap into emotional regulation. If you are already using journaling for this purpose, I am by no means suggesting you stop, but rather add an additional style of journaling to your routine where you are intentionally able to impress upon your

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subconscious mind. This may require getting an additional journal, dedicated just to goal setting and writing about your goals.

Journaling facilitates emotional regulation, which is crucial for maintaining a positive mindset necessary for manifestation. Research by Pennebaker (1997) suggests that expressive writing about emotional experiences can lead to emotional processing and improved well-being. Journaling allows individuals to address any doubts, fears, or limiting beliefs that may hinder manifestation. By acknowledging and releasing negative emotions, individuals can create space for positivity and abundance.

Accountability and Tracking Progress

Keeping a journal enables individuals to track their progress towards manifesting their desires. Accountability plays a significant role in goal achievement (Gollwitzer, 1999). By documenting their journey, individuals hold themselves accountable for taking actionable steps towards their goals. Reflecting on past entries also allows individuals to recognize patterns, celebrate achievements, and make adjustments to their manifestation strategies as needed. My word of caution is when you use a journal to track progress, you move away from the set it and forget it method which allows journaling to not have this pressure of your goal being .

Gratitude and Positive Mindset

Incorporating gratitude practices into journaling can amplify the manifestation process. Research by Emmons and McCullough (2003) suggests that cultivating gratitude leads to increased well-being and resilience. Journaling about things one is grateful for cultivates a positive mindset, aligning individuals with the energy of abundance. By focusing on what they already have and expressing gratitude, individuals attract more of what they desire into their lives. When you are seen by God, The Universe, Source Energy (or whomever you subscribe to) as grateful, you will receive a whole lot more things to be grateful for.

Conclusion

Journaling is a powerful tool for manifesting desires by promoting clarity, visualization, emotional regulation, accountability, and gratitude. Supported by research in psychology

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and self-improvement, journaling enables individuals to articulate their goals, visualize success, address limiting beliefs, track progress, and cultivate a positive mindset conducive to manifestation. Incorporating journaling into daily practices can empower individuals to manifest their deepest desires and live a more fulfilled life.

References

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Recommended Reading

[Goals](#) by Brian Tracy

[The Magic of Thinking Big](#) by David Schwartz