

# Tips for Journaling Enjoyment

**When forging a new relationship with journaling and a journaling community, it can be very helpful to embrace a few general points to get the most out of your experience.**

1. There are no rules—no wrongs or rights. *Seriously.*
2. Before you start to write, begin with a short entrance meditation or a round of three deep breaths. Become present to the moment.
3. Tell yourself the truth.
4. It is strongly suggested to re-read what you wrote and then give yourself a "feedback write." Be both the teacher and student.
5. Your journal is yours and yours alone. You can keep it as private as you'd like. Privacy is good—it's yours to protect.
6. Sharing ah-has that come up in your journal can be a profound experience. It's encouraged but not expected.
7. Start writing. Write quickly. Keep writing.
8. Date your entries.
9. Let your inner critic take a backseat ... a permanent vacation.
10. Remember...there are NO RULES. Be gentle and kind to yourself

