**Journaling**

Do you Journal? Some people keep very detailed recordings of their thoughts and feelings, details of events and things they have done.

Getting in to the journaling habit can seem like a mountain to climb if you aren't a natural writer.

In this episode we hope we can provide you with some ideas and encouragement to get started on journaling.

**Show Notes**(timings approximate)

00:00 - Introductions.

01:46 - [Minimalist Journaling: A Fun and Effective Tool for Tremendous Habit Change](https://betterhumans.coach.me/draft-how-to-hack-your-brain-to-achieve-consistency-that-lasts-7f5fdc520d28?fbclid=IwAR2jq4RVJnSwPtN9ZIicnCBhLC-26CJVRhE8Dw09tYCdZGtpXlOl7mlZdiM) - Michal Korzonek.

03:00 - Getting started.

03:30 - [Journalling School](http://www.mylifeallinoneplace.com/p/buy-my-books.html) - Ray Blake (My Life All in One Place).

06:00 - What Steve uses.

07:00 - How and why I record things.

11:00 - The difference between my planner and my journal.

12:00 - Using your planner instead of a journal.

13:30 - Time keeping.

15:00 - Items in the news, weather.

16:15 - Emotions and thoughts.

17:00 - Simplifying journal keeping.

18:15 - How to get started progressively.

21:00 - Including drawings in your journal.

22:00 - Portable printer.

22:30 - Using a travellers notebook as a journal whilst travelling.

24:00 - 4/5 year planner/journal - [Four Year Journals](https://philofaxy.blogspot.com/2016/11/four-year-journals.html)

25:00 - Sharing your journal?

28:30 - Using a month on two pages as a basic journal

30:00 - What do you the audience think about journaling

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