

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](#) - Michal Korzonek.

03:00 - Getting started.

03:30 - [Journalling School](#) - 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](#)
- 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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