

Read This If You Want To Keep A Journal But Don't Know How



The what and why of journaling...

Open any site that publishes articles on personal growth, and you will find at least one article that says: ***Why Keeping A Journal Will Change Your Life***. A journal is truly one of the best self-improvement tools there is.

Journaling generally involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life. There are several different ways to do this. Journaling, as a stress management and self-exploration tool, works best when done consistently, but even occasional, sporadic journaling can be stress relieving when the practice is focused on gratitude or emotional processing.

Keeping a journal is associated with many positive outcomes.

- Journaling can help with personal growth and development.
- Journaling can also be used for problem-solving and stress reduction.
- It's been shown to improve physical and mental health as well as leading to increased self-esteem.

The reason it's so powerful is simply that by regularly recording your thoughts you will gain insights into your behaviours and moods. Journaling is about perspective and clarity on life's challenges.

After all, you can't know how to get where you're going if you don't know where you are.

Our daily check-in routine could be considered a short-form version of journaling but did you know that Harkn includes a specific journaling tool? Well now you do. Read on to find out more.

Our journaling tool includes 9 different techniques

Success Log

Begin by writing the big successes you remember, then repeat regularly with the smaller successes that occur throughout the week. The more you pay attention the more you'll find.

Nature Diary

Connect with the natural world by recording the things you notice about the beautiful world we live in. Capture the things you notice about the sky, the weather, the seasons... everything you see when you're outside in it.

Problem Solving

If there's something troubling or worrying you, write about it in the third person. Write about an important upcoming meeting by viewing it from the other person's position. This will give you distance and perspective.

Unsent letter

Writing a journal entry as an unsent letter to someone else – real or imaginary – can help you channel your thoughts to a specific audience, and can help make your writing feel more like a dialogue.

My Life Right Now

Describe your current situation. Your living situation, your work, your relationships. Are you where you want to be?

Stream of Consciousness

Set a time limit (5-10mins) and just write whatever comes to mind. Don't edit your thoughts or feelings and don't correct your grammar. Don't censor your thoughts.

Gratitude

Cultivate an attitude of gratitude by making a daily list of the things you appreciate, you're grateful for, or that have inspired you. Whenever you feel down, go back and read it for a boost of happiness and gratitude.

3 Good Things

This simple daily reflection routine can really help you build a resilient and positive mindset. Just capture 3 good things that happened today.

Free-form

No structure. Just write.

How to journal on Harkn (it's pretty easy btw)

You might not know this but Harkn has always had a journaling tool included in it. It's called **Reflections**.

Open Reflections



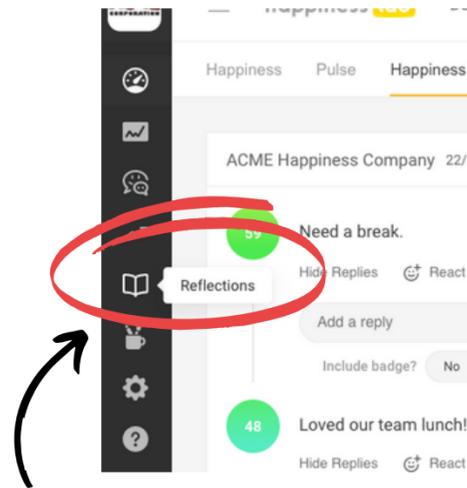
Select your journaling style from the dropdown list



Follow the guidance and start writing

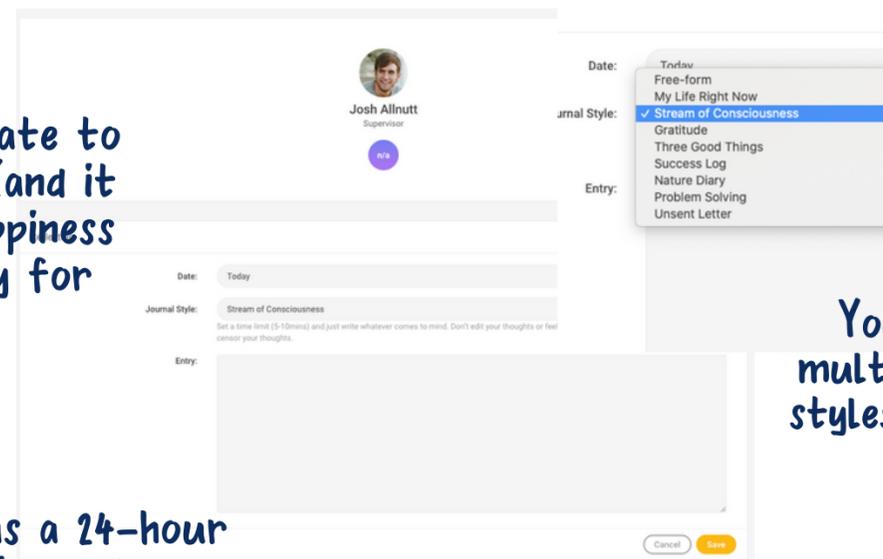


Revisit your journal entries anytime



You'll find Reflections in the side menu

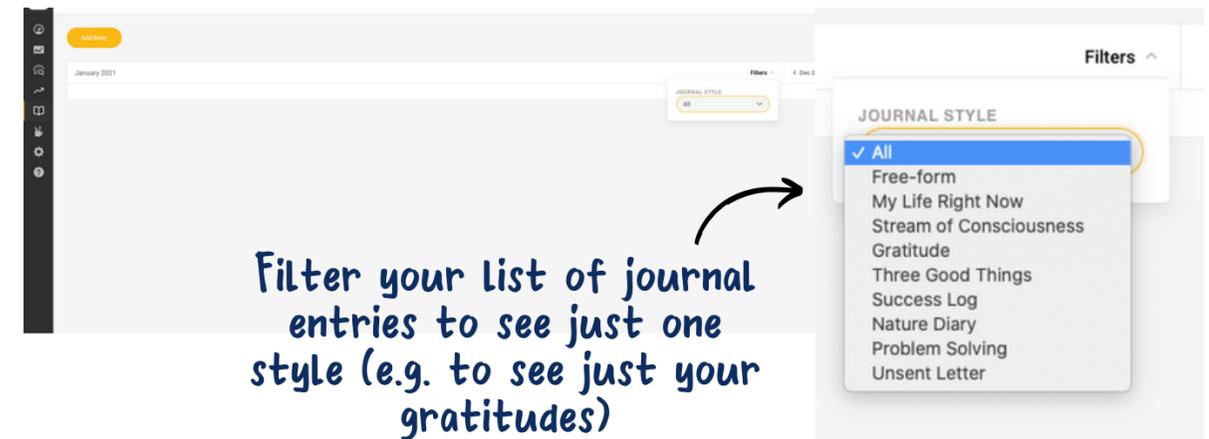
Your journal can relate to today or yesterday (and it will attach your happiness rating for that day for reference)



You can use multiple journal styles on any day

Our journal works as a 24-hour editable file - any journal you start can be edited for up to 24 hours so you can keep coming back to it if you're updating throughout your day

My Reflections works on a "For your eyes only" basis. Everything you write in it is exclusively yours. It's completely private.



Filter your list of journal entries to see just one style (e.g. to see just your gratitudes)

If you have any suggestions, need further help or have any questions about this document or Harkn in general, please get in touch:

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