

# *The NaJoWriMo Preparation Checklist*



The essential requirements for participating in the  
National Journal Writing Month Challenge

# How to Complete the NaJoWriMo Challenge

## Step 1: Choose Your Writing Tool

- Pen and paper notebook
- Digital journal or notebook (e.g., Day One)
- Online journal (e.g. [Penzu](#), [Journey](#))

## Step 2: Choose Your 30- Day Challenge Level

- Level 1: Write one or more sentences per day
- Level 2: Write to the [NaJoWriMo theme](#) or your own theme.
- Level 3: Complete of writing 15,000 words in one month.

## Step 3: Tips for Completing 30 Days of Writing

- Schedule a time to write (e.g., in the morning before work)
- Let others know you're taking the challenge.
- Update your progress on your social networks. Use [#amjournalwriting](#) tag.

## Bonus Step

If you want feedback on your writing, publish some of your not so private journals on your blog. Form a group with other journal writers and discuss your progress. Please let others know about NaJoWriMo.

# How to Get Ready for NaJoWriMo April 1st

The purpose of NaJoWriMo is to take on the challenge of writing in your journal for 30 days straight.

## NaJoWriMo Preparation

**To prepare for NaJoWriMo, do the following:**

1. Select your method of journal writing: pen and notebook, online journaling, or digital journaling using a computer or mobile application.
2. Choose how you plan to complete NaJoWriMo challenge.
  1. Write daily journal entries of at least one sentence or longer.
  2. Write using a **NaJoWriMo theme** or a theme of your own choosing.
  3. Write to 15,000 challenge

You can certainly complete the NaJoWriMo any way you like, here's more information about meeting the challenge:

**NaJoWriMo Challenge Levels**

3. If possible, schedule a time to write in your journal, such as in the morning before going to work or school, or before going to bed. If you schedule a time you're more likely to get the writing done.

4. If you're Twitter user, use the hashtag, **#amjournalwriting** to share about your daily journal writing. You can search that tag or **bookmark this page** to see tweets using the tag. Using this hashtag will help spread the word about how useful journal writing can be for various purposes.

## Enjoy Challenge

The NaJoWriMo challenge is a great way to get into journal writing or rekindle a habit that you may have let slide.

I promise you, if you complete the challenge you will learn more about yourself, and will get insight into how you can make changes in your life, or strengthen the path you're on.

I look forward to your participation. Please keep in touch.



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Help others use National Journal Writing Month for developing and maintaining a journal writing habit.

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