

Tips for Maintaining a Journaling Writing Habit

1. When journal writing, avoid thinking about an audience beyond yourself. Don't think about someone reading your journal in the future. Write for yourself.

2. Notice that when you journal write how the writing sometimes reveals thoughts and ideas that you previously didn't have until after you started writing.

3. The best digital application for journaling is one that includes a tagging features. [Tags are a powerful way to filter entries by tags for reviewing and reflection.](#)

4. Sometimes starting off by describing the weather or you current surroundings is a good way to begin a journal entry. That helps you ease into the writing.

5. When you journal write, try to only write when you're not going to be distracted by other people or tasks. And avoid bringing attention to you journal. Remember, your journal is your private space just for you.

6. Let your journal speak to you, instead of you speaking to it. Let your journal inspire you.

7. Frequently [review your journal entries](#) throughout the year. To insure that happens, mark a few dates on your calendar or to-do manager to remind yourself to go back and reread specific entries in your journal.

8. Remember, journaling prompts are just inspirations for journal writing. You can always change the prompts to fit what you want to write about, or ignore a prompt all together, and write about what's more

important or pressing in your life.

9. Journal entries in the form of lists are useful for several reasons: You don't need to focus on paragraph writing, but thoughts and ideas instead. They are a great way to brainstorm and dig deeper into a subject. Lists tend to be easier to write than long paragraphs. [50 Wide Ranging Lists for Your Journal Writing](#)

10. Sometimes it helps not to overthink in your journal. Because you're not writing for an audience, you can write whatever comes to your mind, scratch and revise thoughts, and return to what you wrote later.

11. Take the opportunity today to mark in your journal a few journal entries you want to come back and review a year from now. Set a reminder your calendar to come back and review those entries. Note the date of the entries you want to review.

12. One of the ways to maintain a journal writing habit is to have an ongoing [journaling project](#), such as keeping a list of books you read, writing about your goals, recording your family history.

13. If you keep a digital journal, such as [Day One](#), you might want to filter particular

entires by particular tags and export those filtered entries to PDF format. From there you can have the PDF published into a paper format.

14. Go back through your journals and look for entries that might be useful for extended pieces of writing, such as an essay, blog post, a personal letter.

15. If you journal write using a pen and notebook, consider changing the type or color of pen you use, which in turn may energize your writing.

16. Think about what you want to have done with your journals after you die. Do you want them trashed? Will you leave them for your family to read? Are your journals kept in a secluded place where no one can find them?

17. Take the opportunity to revisit a journal entry and expand on it.

18. Consider keeping small mementos as part of your journal. If you keep a digital journal, take photos of mementos and add them to your journal.

19. Even you're not a fictional writer or poet, try to use your journal to write fictional scenes, poems, song lyrics, etc. These forms of writing can be different way to explore yourself and expand your writing.

19. If you keep a bucket list in your journal, mark a few dates on your calendar to remind

yourself to revisit that bucket list and make plans to achieve one of your listed goals.

20. When you fill up a journal book, write a title for it that describes its contents.

21. Go back through your journal and bookmark using sticky notes or star entries in your digital journal that are very important to you.

22. Responding in your journal to quotes from books you read is a great strategy for getting more out of what you read.

23. You might consider adding email letters, tweets and Facebook posts, and other social media posts as part of your journal.

24. It's always good to reflect on your journal writing at least a few times a year. Reflect on what the

writing does for you, and how you meet the challenges of maintaining your journal. Reflecting and writing about the journal writing process is a way of understanding the power of journal writing.

25. It's okay not to write your journal for several days or sometimes week, but never abandon it all together. Journal writing is a powerful tool for bringing clarity to your life, recording your life as you live it, and achieving your goals.

Happy journaling.

