Types of Journaling

Hello [[firstname]],

Today’s blog post titled ‘How to Use Journaling to Help Ease Stress’ is a great read, discussing how you can naturally decrease your stress just by keeping a journal and writing in it regularly. Click here if you haven’t read it yet.

[Insert Link]

You already know that journaling is an excellent way to reduce stress, but you should also know that you are not forced to choose just one type of journaling. There are actually many different methods of journaling you might want to try out. Here are just a few of the ideas separate from the ones mentioned in the blog post about journaling.

**Goals Journal**

If some of your stress comes from all of the things you need to do and becoming overwhelmed by that, then having a goals journal might be what you’re looking for. This type of journal will include all of the things you want to accomplish, but also go more in-depth. You can create to-do lists for daily, weekly, and monthly tasks to achieve your goals, and keep daily journal entries about your progress.

**Bullet Journal**

This is becoming a popular type of journal that will help you to keep everything in your life organized in one place. With a bullet journal, you have a lot of different sections for anything you want o keep track of, from your goals and to-do lists, to appointments, finances, work projects, your health and diet, and anything else. You use short words, phrases, and symbols instead of long journal entries.

**Art Journal**

If you want to be more creative with your journal, you can turn it into an art journal. With this type of journal, you will not only have your regular journal entries, but you can let your creative spirit decorate it. You can use a variety of pens, paints, stickers, and other mediums to create collages or pictures on different pages. Some pages are decorated around your journal entries, while others are simply the art you are using to express yourself.

If you want to know more about stress relief methods aside from journaling, make sure to check out tomorrow’s blog post and corresponding email. You will find some great tips there.

[sign off]