



When we journal, we take all the chaos in our minds and put it onto paper. It isn't just chronicling your life, but also becoming aware of the thoughts and belief systems that hold you back. If you are going to build a house, you have to first prepare the foundation. Similarly, when you go after the life you want to live, you need to dig up the things that may be preventing you from reaching it. There is a hand-to-brain connection that helps you remember and process information, so I highly recommend writing by hand instead of typing when it comes to journaling.

Your journal is a tool that will take you off autopilot, line you up with your core beliefs, and help you discard the things that no longer serve you. Record the cornerstone moments. Underline and star them so that you can find them easily. Write down the bad times too so you can extract the lessons and not make the same mistakes again. All your victories and defeats should be in your journal- they all contain valuable lessons and tools and help you harness that momentum.

As Rosemary commented yesterday, the only difference between stumbling blocks and stepping stones is the way in which we use them.

Remember, you're the best authority on you.