

All of us have baggage...you know, the unprocessed emotions from our past experiences that still affect us after all this time? I don't know about you, but I want a carry-on bag, not a freighter following me around. :-)

Journaling helps us connect our feelings and emotions. It enables us to analyze our true feelings and notice trends and patterns in our behavior. A fundamental difference between feelings and emotions is that feelings are experienced consciously, while emotions can be experienced either consciously or subconsciously. Our feelings bubble up to the surface, while our emotions can be quietly brewing in the background. Some people may spend years or even a lifetime not understanding the depths of their emotions.

The question is- do we want to understand the depths of our emotions as much as we want to be free of them?

A journal will give you a point of view of how you experienced something. It is always a perspective, and not always a truth. If you and your siblings experienced something growing up, you will likely have slightly different perspectives and memories from the same event.

Remind yourself that you have a life that is worth living, even with all the imperfections and flaws. Everything is figure-out-able. What can be left behind, and what can be dealt with?

Reassure yourself of who you are. Identify with things that are true and beautiful. Remind yourself that you are the daughter of the King, fearfully and wonderfully made. He not only loves you more than you can possibly imagine, but He looked at the world and decided it needed YOU. You are not here by mistake or by chance.

A journal helps us record our big magic moments. Our journals can give us confirmation that everything is okay, and remind us of the keystone moments of victory and affirmation in our lives.

Relive the victories in the moments when you need reassurance. This helps you to build your own personal serenity because there is a pattern of you reaching those victories time after time.

You can see the trees through the forest when you journal, and you have an opportunity at any moment to step into your higher self. Remember, where your attention goes, your energy flows.

If you need a little help getting started, order our Take Back Your Life Journal. You'll learn to start the day with three gratitudes, create a morning and evening ritual, set goals and intentions, schedule your day, and bring those inner thoughts to light on paper.