

The PAPER SEAHORSE

JOURNALING 101 *a quick start guide*

What is journaling?

Exploring and sensing the world around you, through written or creative observation

Why start a journal?

To help you through a tough time, to document good times, to make sense of the world around you, to solve a problem. To create positive change in your life by getting in touch with your feelings. Your journal will become a safe and non-judgemental friend who is always there for you.

What kind of journaling is there? Here are half a dozen of our favorites to try:

Daily

Try Julia Cameron's book, *The Artist's Way*, and give Morning Pages a whirl. All you do is commit to writing three pages a day. Write about anything and everything. Stream of consciousness. Just put something down. Intimidated? Get a small notebook, work your way up to a big notebook.

Weekly Documenting

Start a once-a-week document that reminds you what happened in the week. Or write or draw one thing that inspired or stood out to you.

Anytime Get It Outta My Head

Steal a few minutes and jot down your thoughts. Carry your notebook in your bag so you always have one. Fill it with to do lists, songs, movies, random bits of knowledge you want to look up later.

Gratitude Journaling

Write three things down each day you are thankful for. I find that keeping my notebook by my bed with a pen helps me remember. I do this right before bed and I believe it helps me sleep better. Full heart, positive vibes and sweet dreams.

Creative Journaling

Collage or watercolor is a great way to switch things up. You can sketch with pencils, color with images and paper, or use a brush to color your page. Whatever medium speaks to you try it. Find the one that makes your heart sing and you will be hooked. I read a

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quote that said: you're the most effective version of yourself when creating change through a medium you love. So true right?

Passion Journaling

There are specialized journals for just about any topic or subject you can think of: wine, coffee, movies and so forth. I say create your own. I have a dedicated one where I only collage using vintage and modern materials. A one or two-page spread, no words at all. I know of someone who only uses magazines and words they cut out. See, the many moods of you will know what you need and want.

What do I write about?

- The little things, the big things, the things that make you mad, the things that make you happy, the things that make you scared...Ranting is encouraged, doubt and writing about it is freeing. The possibilities are endless.
- Making lists, this is the fastest way to get started. You can write a letter to someone, make a dear diary entry, experiment with any format you like. I also like to number my entries. Sometimes I record the temperature and time, maybe the date, you can draw these instead of regular numbers and letters. Sometimes I pull a card and reflect on a question, insights become plentiful.

How do I get started?

- In the beginning use anything, a spiral notebook and a pen or pencil. Or you might need a nice leather notebook and a fountain pen. You may use a crayon and a sheet of paper. Just start.
- Many people find writing a few sentences in the morning or before bedtime is a good way to start. See the above Morning Pages or Gratitude Journaling. You can draw or sketch one thing a day and write a phrase or sentence. That is journaling and all it takes.
- Making lists of places you want to visit, food you want to try, names you like, books you will never forget, plants you want to learn to grow...
- remember there are no rules, no right or wrong way to do it.

How to stick with journaling?

- Commit to 30 days. It is often said if you do anything for 30 days you will start a new habit. It is ok if you start and stop, just keep going.
- Set aside a special time and place, make it a ritual. Keep your materials easily accessible and the likelihood of using them is greater.
- Make it a ritual and you will find yourself exhaling a much-needed breath. You begin to crave the mindful relaxed feeling. Special time just for you is a treat you will benefit from over and over again.

Learn more about analog endeavours at www.paperseahorse.com

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