

# *jour·nal /jərnəl/*

*Bring clarity to your thoughts and feelings*



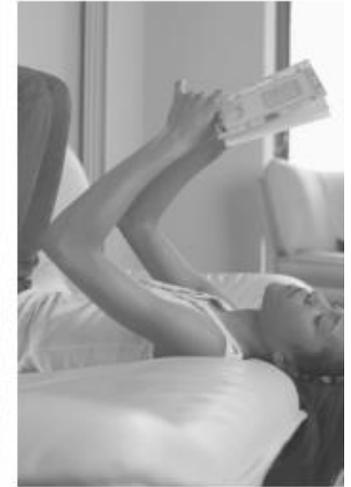
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WILLIAM WORDSWORTH

**FILL YOUR PAPER  
WITH THE  
BREATHINGS OF  
YOUR HEART.**

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*Journaling helps you to get out of your own way and allows you to let out what you truly feel on the inside.*





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## INTRODUCTION

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*Journal writing is a voyage to the interior. ~Christina Baldwin*

Keeping a journal, whether it is a gratitude journal, dream journal, or one of your daily thoughts or activities, has a tremendous impact on your life. It puts whatever issue your mind focus' on in the spotlight and keeps you accountable for your thoughts and to yourself. The journal may reveal patterns or habits that no longer serve you and/or things that need attention—to help to guide you and to track change. The journal may show you a truth that you have been hiding from or something that you overlooked in your life.

Journaling is an extremely powerful tool. It does take time and effort but your mental well-being is worth the effort, especially when trying to change your thinking or reorganize life.

You experience life through your thoughts—those thoughts drive your emotions. When you are trying to make changes if you focus only on the negative, you will experience only negative emotions. If you focus on the positive (progress), then you will experience positive emotions. Journaling will help you to regurgitate all of these emotions and let you glimpse into your thought patterns and learn how your thoughts are holding you back.

Learn to cherish your uniqueness and your very existence by feeling love, joy, peace, and enlightenment for yourself. In the future, you can look back at the pages and reminisce through your memories. you may forget where you started and need a little boost to see all of the progress that you have made. Your mind often forgets the context in which all the vivid moments, conversations, feelings, and experiences happened. Writing your experiences down as they happen allows you to look back, remember all of these precious moments from your life and remind you where you've been and who you are.

Thank you for your interest. Use this journal to kick start your journey of healing and use it to record your thoughts, emotions, and progress.















## KEEP IT UP!

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Do not let this be the end of your journaling practice. If you still feel like you need to continue your journey of healing but are not sure how, set-up your free session on my website [www.anissaloucoaching.com](http://www.anissaloucoaching.com).

Always remember that you are a **whole, complete, and beautiful person just as you are**. Do not let the opinions or criticism of others take away your joy. You are unique, set on this earth for a purpose. You are beautiful inside and out. You are YOU and no one can take your place. **You are worthy. You are enough. You are brave and stronger than you think.**

If you feel that you need some quick inspiration, connect with me on social media: Instagram @anissalou.coaching or Facebook [www.facebook.com/AnissaJacksonCoaching/](http://www.facebook.com/AnissaJacksonCoaching/) or sign up for my newsletter.

If you truly enjoyed this journal, please drop me a line at [anissa@livingincognito.com](mailto:anissa@livingincognito.com) and let me know how it worked for you. I would love to hear from you!