



Your 30 Day Journaling Guide



30 Day Journal



30 Day Personal Journaling Guide

This 30-day personal journaling guide should help give you ideas for journaling for at least 30 days. This will help you to develop the habit of journaling daily. Research shows that it takes a person 21-30 days to develop a new habit so therefore this guide should help you on your way to making journaling a part of your routine.

To get started, first take time to listen to this [introductory audio](#).



Journaling - *"The recording of your thoughts today,
for the recollection of your past tomorrow."*



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Why Should You Journal?

Journaling allows you to get rid of some of the thoughts that are cluttering your mind and the stress that is cluttering your life. There is something about putting it all on paper that is almost like going to counseling, it just HELPS!

When you are journaling do not feel like you have to write perfect, use correct language or grammar. Just write. It is the process of getting your thoughts from your head onto the paper that is important.

Setting aside time to write in your journal is another important key to developing the habit of journaling. The time you set aside needs to be uninterrupted, quiet time, preferably when you are alone, alert, awake and ready to write.

Journaling is important because it serves as a record of your thoughts, your goals and your dreams. It can be looked back on to remind you of your trials, your tests, and your circumstances, allowing you to look back on your past and remember where you came from, what you've gone through and how you came out on the other side.





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Journaling Tips

Before getting to the daily journaling ideas, the following are some tips to ensure that you are successful at your journey to making journaling a daily habit.

Tips to Journaling Success:

1. **Be Consistent.** As tough as it is try to journal everyday, setting aside the time to do so every day or at least once a week at a specific time is important to your success.
2. **Ask yourself questions.** Many of the journaling ideas below include questions. Asking yourself how you are feeling, what you think about something or what you plan to do as the result of a decision are all questions that can help lead to your next thought and help you to keep writing.
3. **Don't give up.** It can be difficult to start a new habit. Do not be too hard on yourself if you skip a day, or even a couple of weeks, just jump right back in where you left off.

Now, use the following 30-journaling ideas to fill your journal with at least 30 days of entries.

Best wishes to your journaling success.



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Day 15: Date _____

Journal about something you do or enjoy that most other people do not know about. Is this something you keep private for a reason?

Handwriting practice lines consisting of 16 horizontal lines.



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Alyssa Avant is a Christian author, speaker, and business owner whose desire is to turn the hearts of girls towards God.

As the founder of Beauty By Design Ministries, Alyssa seeks to reach preteen and teen girls through events that are both exciting and inspiring. These interactive events have topics and themes that are perfect for teens.

Alyssa lives happily in Carrollton, Mississippi with her devoted husband, Greg, 4 year old son, Baker, toddler daughter, Lily, newborn son, Brady, and beloved basset hound, Duke.

Additional Resources :

Beauty by Design Ministries
<http://beautybydesignonline.com>

Mom-Daughter Connection Radio Show
<http://mom-daughterconnection.com>

Beauty by Design Teen Connection
<http://beautybydesignonline.com/girls>