

JOURNAL SNIPPETS POINTERS

1. Don't share. I share some pages. Up to you.
2. Find a regular place, or action that you feel happiest 'entering your journal' in.
3. Date entries where possible. Or systemise it. Your own system.

4. Resist the temptation to tear out pages. Use mistakes. Change them, or maybe they will turn into wonderments later on, even years later.

5. Write, draw, and doodle quickly. Then your 'inner critic' / censor won't get a look in.

Once you've started, don't go back to edit or rewrite. And don't think too much. Let it flow.

6. It is okay to start as many journals as you like. Some may be more tactile, bigger, smaller, harder, and 'precious'.

7. Start writing; keep writing.

Start with the present moment, a feeling, and an occurrence. If nothing comes, 'free write'.

7.

Tell yourself the truth. Give yourself gentle permission.

8. Biggest rule?

There are no rules. Enjoy the process.

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