



# Journaling

Start Your Daily Journal

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By Lynne Durham



# Introduction

Welcome to the world of Journaling!

This guide is provided to give you an introduction to creating your own journaling practice. Spend 30 days Journaling and you will experience the many benefits.

For each day, print out a sheet (pages 3 & 4 - there are two for you to print on both sides every second day) and add the date and your topic of the day. There's also space to add gratitude to your journaling and the option to write your why for one or more of them.

Journaling can consist of 3 words or 3 pages, you can even start by writing lists. Gift yourself some time, I find setting a timer works really well, and then you write! If you want more information, you can check out my [guide here](#).

Choosing topics can be as simple as looking for a different topic of the day from events in your life or working from the affirmation of the day from my [facebook page](#).

*Hi, I'm Lynne Durham and I love working with professionals to up-level their game & create a life where they can be spectacular!*

*My focus system is based on EASY which is all about Encouragement, Accountability, Support and your Yearning.*



