

# CREATING JOURNALING HABITS

Journaling can be a difficult discipline to maintain. Many people begin with great intentions, but like many new year's resolutions, they don't usually last very long. Life gets busy, we get out of rhythm, and we become discouraged.

One of the main problems with our journaling ambitions is that we set huge goals, going from no journaling at all to wanting to journal every day for a year! You wouldn't run a marathon if you hadn't trained first, so why would we try to journal a marathon without doing some journaling-training first?

So let's start small and get some reps in. Let's get ourselves used to journaling in short bursts before we attempt to journal every thought or prayer we have for the next year! Here's a suggestion:

- This week: On Wednesday evening, write one paragraph.
- Next week: On Monday and Thursday evenings, write one paragraph.
- Two weeks from now: On Monday, Wednesday, and Friday, write one paragraph.

Continue the Monday, Wednesday, Friday pattern for a couple months. If you feel like increasing the frequency, go for it! If not, that's fine too!

To help guide you, below are a few questions to answer as you write your journal entries. You can answer all of them, or just a couple of them...whatever helps you to create good journaling habits.

1. What memorable events happened?
2. Is there anything you are really happy or anxious about?
3. What is something you have been learning about God?
4. What have you been praying for God to do this week?
5. Who has God been placing in your path that you can be praying for?

Finally, every month or two, read back over your previous journal entries to see how God has been working in your life and the lives of those around you!