Journaling Tips

1. Set a time and place each day.
2. Choose a bound journal, avoid loose leaf paper.
3. Begin by acknowledging blessings.
4. Read your focus scripture and meditate on it.
5. Write down your thoughts.
6. Pray and listen.
7. Write what God says (scripture based),
8. Write what your main take away is from this session,
9. Write what you need to work on if any.
10. End in words of thanksgiving and praise.

Note: Always go back and review previous journal entries to monitor progress.