

Keeping a journal

How often advice is given to the trainings of personal growth, which States that the journal is the cornerstone to not only change my situation, but also to keep yourself in the right psychological and emotional form.

How are you getting on with your silent friend? Do you keep a diary? If you haven't started already, perhaps it's time?

Today I would like to talk to you about the benefits of the diary before other forms of communication and development. Remember school! Class fifth, seventh. This is especially true for girls. At this time you had the best and most reliable friend.

I think you have already guessed — it was your diary.

As a rule, for this purpose, start a notebook in which the sequence was placed pictures of various subjects. Each picture was accompanied by the caption. This diary has not yet fulfilled its primary function – he was not a custodian of your emotional secrets. Rather, it was a game that had to be done in order to keep [need help to write essay](#) up with friends. Now you can pick up a diary and a good handle on

After some time the interest in keeping a journal was missing, and he was thrown on the highest shelf of the Cabinet, if it was flat, or attic, if it was on the house.

Back in adult life!

We grew up in. In our lives there are new concerns, problems. Perhaps the expectations that we had expected failed to come true... just at this time and there is an urgent need to find a real friend who could listen, to regret, to recommend.

And how often? The man looks around himself and finds that friend! Childhood friends grew up and immersed in their own concerns: it is not up to you. At work, the spirit of competition: any frankness with a colleague could exacerbate the already precarious situation. The husband or the wife is so tired of you that he tries most of the time spend away from home.

"A complete dead end!" you might think.

And I will answer you: No, my friends, is not a dead end! In your life all only begins! Here's what you will help journal writing.

To understand this, we need to do a very simple thing: we need to appreciate what you have done in your life. The parameters that can assess the achievements, take your pick. It can be education, family, position in society, financial prosperity, health. Even a cursory glance at the life will show how much you have already done.

This is very important!

You know, man is so constituted that his wish for new achievements does not assess what has already been done. And, as a rule, it happens a lot!

Let's say you decide to go to graduate school and very unhappy that for the second year fail. While forgetting that you already have two degrees and published three excellent books.

No, this is not enough! Need graduate! Without it our life will end…

So whether it's?

This is just one example. They can be fun!

At such moments, you need a real friend. The man who understands that the most effective step in solving the problem can be a mentor, turns to psychologist or coach. And those who do not understand or can not afford it for financial reasons, looking for free opportunities.

They, of course, is not very efficient, but give a certain result. Here it will help diary!

Many famous people have kept diaries. They reflect not only scientific considerations or calculated their income. Diaries were their real friends with whom to talk, to discuss important issues or to consult.

An important quality of the diary lies in the fact that it takes all that you share with him. Accept in silence and without assessments. This little notebook will serve you also as a therapeutic tool: expressing your emotions, you free yourself from the negativity that accumulates during the day.

Here's a simple story!

Now you know where I can find a true friend, and how it can help you!

To summarize:

1. Simple journaling will help greatly improve your life.
2. In order to find a friend, no need to leave the apartment.

