

How to start a journal:

Even journaling has rules. Here's the best way to start.

- 1, Take out a pencil or pen and paper. Yes, writing by hand is best.
- 2, Set the clock for twenty minutes.
- 3, Put pen to paper and write without ever stopping or lifting up the pen for twenty minutes.
- 4, If you don't know what to write, try this, "I don't know what to write I don't know what to write I don't know what to write" until something else comes out of the pen.

Do it for twenty minutes on the clock for five days in a row. Once you get the knack of it, you can put the clock away. Try doing it at the same time every day.