Motivate Yourself to Journal Daily

Knowing why you should journal is just the beginning; you then need to motivate yourself to keep up with it. It is generally recommended that you write in your journal every day, but at least doing it on a regular basis can be helpful. Look at these easy ways to motivate yourself to keep writing in the journal.

**Have a Good Reason to Keep a Journal**

First of all, you need to know exactly why you are journaling in the first place. You really need to think about the benefits of journaling and decide what your personal reason is for writing in the journal. This is often a personal decision, such as wanting to figure out why your anxiety or depression has increased, or wanting to express your feelings in a way where you feel safe and not judged. Decide what your individual reason is, and it will motivate you to keep writing.

**Choose the Right Type of Journal**

The journal you write in also makes a difference in motivating you to use it. If it is a large journal that doesn’t fit in your purse, you probably won’t use it often. It should be something you could access at any time, such as putting it in your laptop bag, briefcase, handbag, or even the glove box of your vehicle. The mood may strike during your lunch break when you’re in the lunch room, and it helps to have the journal available at that time.

**Decide On a Method You Want to Use**

There may also be a certain type or method of journaling that becomes more motivational to you than other methods. It is possible you are not someone to write long sentences and paragraphs, you really enjoy keeping track of everything with bullet journaling. On the other hand, when discovering different forms of journaling, you may want o simply keep a regular daily journal or a food journal if you are trying to lose weight. Find the type of journal you want to keep, and you will find the motivation to continue doing it each day.

**Make it More Creative**

Perhaps what will motivate you is making journaling more interesting. You could be someone ho enjoys colors and pictures more than plain text, so if you have fun colorful pens and various art supplies, you are much more willing to keep up with your daily journaling than using a plain black or blue pen.