**Different Methods of Journaling**

You don’t have to feel forced to keep a certain type of journal, since there are so many different ways to use one. Here are just some of the many methods of journaling you can use.

**General Journal**

The first method of journaling is the most traditional form, which is where you simply write down your thoughts as often as needed. You might write in the journal a couple days a week when you have the time or a reason to do so, or you may journal once a day at the end of the day, similar to keeping a diary. This method is the most flexible since it is really up to you how you want to do it. With a general method of journaling, the frequency, what to include, and type of journal organization you use is entirely up to you.

**Bullet Journal**

This is a newer form of journaling, but one that is getting popular very fast. Bullet journaling provides a way to keep track of everything in your daily life, including finances, goals and bucket lists, family life, work, mental and physical health, and tons more. With bullet journaling, you are using primarily symbols and short words or phrases to discuss different things instead of full pages of writing like with a general or standard form of journaling. It also has an index and page numbers since there are so many different sections in the journal.

**Dream Journal**

There are journals about a specific topic, such as your dreams. If you are someone with confusing, elaborate, or vivid dreams, this is the perfect journal to keep. You can have a dream section in a bullet journal, or dedicate one small journal to nothing but recording your dreams. It helps to write them down immediately upon waking, as you will forget them rather quickly.

**Gratitude Journal**

A gratitude journal is one where you aren’t just talking about all your thoughts or what you do day to day, but actually only talks about the good things. It is meant to help you practice mindfulness and live a happier life through gratitude. You look at the positive parts of your day, no matter how big or small they are, and put those in your journal. By doing this, you are able to focus more on the things in your life and dwell less on the bad things. Over time, you can start to heal and live a more optimistic life.