

The Science of Journaling

Journaling is a great way to reflect on the past year and prepare for the new one - and it's scientifically proven to work! Here are a few ways journaling can benefit your mental and emotional health.

Reduces Stress

Journaling can help process and overcome stress. In one study, students who journaled about their test anxiety before the exam outperformed those who only wrote about the test content.¹

Relief in Tough Times

People who spent 15 minutes twice a week journaling about a stressful event later reported feeling less anxious and depressed, especially if they were struggling before.²

Improves Health

Journaling keeps you healthy! Patients living with chronic health conditions saw physical improvements after writing consistently about stressful or negative experiences.³

Improves Memory

Writing about your thoughts and emotions frees up space in your memory and improves its function at the same time.⁴

Emotional Well-Being

Repeated journaling increases emotional intelligence, helping you to process thoughts and feelings in a healthier way.⁵

Choose Your Journaling Style

Bullet Journal

Write your thoughts in bullet points.

Blank Notebook

Let your creativity take over.

Artist Journal

Draw or tape in mementos.

Gratitude Journal

Focus on what you're grateful for each day.



Stay on Track with These *Journaling* Apps

For those who are more digitally-minded, these apps will help you journal across all your devices so you stay on top of it!



Day One (iOS, Android)

- Add text, pictures, videos and even music you're listening to.
- Password protected.
- Tag and sort entries.

Top Feature:

Customize reminders so they ping you at the times you choose.

Diarium (iOS, Android)

- Pull content from social media feeds or fitness trackers.
- Rate your journal entries to help track how you're feeling.
- Voice dictation.

Top Feature:

Syncs across cloud apps like Google Drive so you can access data from anywhere.

Penzu (iOS, Android)

- Simple, user-friendly interface.
- "No-frills" journaling.
- Strong privacy features.

Top Feature:

Data is encrypted, and users always have the option to auto-lock their journal.

Five Minute Journal (iOS, Android)

- Perfect for those new to journaling.
- Guided journaling.
- Focus on gratitude and self-reflection.

Top Feature:

Bite-sized prompts make journaling quick and easy for those who are new in the space.

Momento (iOS)

- Pull your social media posts into one place.
- Option to collect Uber history, saved Spotify tracks and YouTube videos.
- Create albums based on different events.

Top Feature:

Reminders offer journal prompts in case you're stuck on what to write.



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Dear Friend,

Can you believe we made it through another year? If you feel like 2021 flew by, a brief reflection can help you clear your mind and get ready for the upcoming year.

Journaling is a great way to reflect on the past year and prepare for the new one – and it's scientifically proven to work! The information I'm sharing this month shows how writing down your thoughts can benefit mental, emotional and even physical health. You'll also learn about a few apps that are perfect for journaling from the palm of your hand, so you can get started easily!

Studies show you can find more happiness and less stress with a daily download. Use these tips to help you start a journal, develop your own unique process and maintain it year-round!

Sincerely,

Oh, by the way®... if you know of someone who would appreciate the level of service I provide, please call me with their name and contact information. I'll be happy to follow up and take great care of them in a way that is healthy and safe.