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better problem solving an enhanced capacity for learning new things how to start a journal a fresh new journal represents a fresh start with new ideas and discoveries it s also literally full of blank pages which have a mixed effect on writers you want to fill those pages with content worthy of your intentions for this journal

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learn more simple but inspiring prompts make the habit of journaling that bit easier start a journal they say you nod in agreement because you recognise the wisdom in that advice you ve read about the health benefits and the thought of journaling fills you with hope and optimism journaling is exciting

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journal prompts are questions or first lines that serve as a guide for what to write on a blank page of course you can always pick up a pen and start writing on your own but a journaling prompt can help you think in new ways

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describe how you feel this morning what are three things you re grateful for today write about a recent dream and what it might mean what would make

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