



YOUR GUIDE TO
Journaling
A GUIDE FOR EVERYONE

By: Tier'a Berry



Why Journal ✧ Who should Journal ✧
When to Journal ✧ Where to Journal
✧ What to Journal ✧ How to Journal



Welcome

Journaling is for anyone who can draw or write up until you just can't. This practice can benefit anyone in many ways. I hope this ebook can show you how and why to make journaling a healthy habit.

We will explore the best times to Journal. Confirm that it's ok for him her or they can journal. Explore different places where you can journal for the most benefit and comfort. Learn how there are no limits and you can journal about any and everything. Lastly, this book will show you how to add all of this up and make a plan on how to get started with your journaling journey.



Journaling is for anyone who can draw or write up until you just can't. This practice can benefit anyone in many ways. From student, to actor to pilot and even you! So, whether you're a chronic doodler, a gratitude guru, or someone just trying to survive Monday, there's a journaling style (and a journal type) waiting for you to give it a whirl. Happy journaling—and remember, the best journal is the one you actually keep!

**No matter your age,
sex or life stage,
Journaling is for YOU!**

Who Should Journal

Why Journal?

Why not?

Seriously, journaling is like having a conversation with your best friend who never judges you or spills your secrets! It helps you untangle messy thoughts, keeps stress in check, and boosts your creativity. Plus, it's a fantastic way to track your growth and document life's little adventures. Think of it as your personal time capsule but without the mold and dust.





When to Journal

**The magic hour is
whenever you feel
like it! Don't over
think it.**

Morning journaling can kickstart your day with intention, a lunch time reset is relaxing, while evening journaling can help you process the day's events. But if you're up at 3 AM with an idea for world domination (or just an amazing sandwich combo), that's a good time too! The point is to find a moment that works for you—no alarm clock required!

Where to Journal

Anywhere!



**Take a mindful walk and
carry your journal to the
beautiful waterfall in your
secret location.**



Your couch, the park, or even a trendy coffee shop if you want to look artsy and profound while sipping on lattes and listening to slow jazz music. The key is to find a comfy spot where you won't be distracted (sorry, social media and bestie).

Create a cozy nook, complete with comfy pillows and your favorite beverage, and voilà! You've got yourself the perfect journaling sanctuary.

You can jot down gratitude lists, dreams, poetry, reflections on your day, or even your wildest aspirations—yes, even that plan for getting rich off cat videos. You can also document your feelings or create prompts like “Today, I learned...” or “What would I tell my younger self?” Remember, the only limit is your imagination—so let it run wild!



The possibilities are endless.

What to Journal

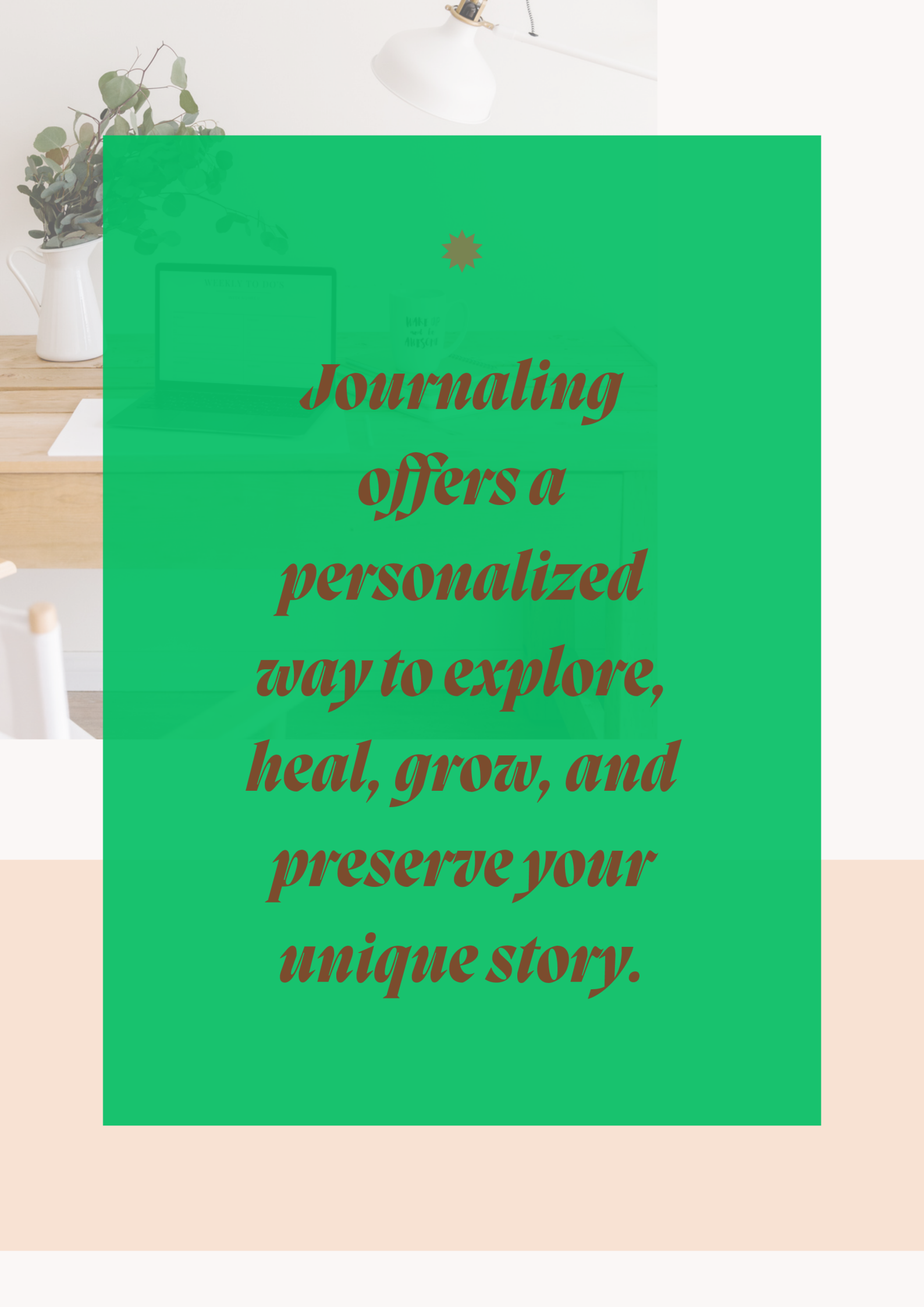
Some Types

And how many different ways are there to journal? Well, if we consider style, purpose, technique, and format—let's just say the possibilities are almost infinite! There are at least:



**There sky is no limit
for the types of
journals you can
have.**

- Written journal entries
- Bullet journaling
- Audio journaling (*voice memos*)
- Video journaling
- Sketch journaling
- Photo journaling
- Digital apps and platforms
- Letter journaling (*writing letters to yourself or others*)
- Mind mapping
- Poetry journaling

A background image of a desk with a laptop, a potted plant, and a lamp. The text is overlaid on a green rectangular background.

***Journaling
offers a
personalized
way to explore,
heal, grow, and
preserve your
unique story.***

About Me

I am a self-published author passionate about the transformative power of journaling, storytelling, and community support. Through my writing, I aim to inspire others to discover the healing and strength that can be found in the pages of a journal.

My journey has been profoundly shaped by my family's experiences with my youngest son's health challenges. I share my story not just as a testament to resilience, but as a source of encouragement for others facing their own struggles.

Tier'a's Voyage is a space dedicated to education, empowerment, and fostering a sense of belonging. Together, we can cultivate a community where love and understanding thrive, helping each other navigate life's challenges through the art of writing and strength of love.

-SweettsWrites



Sweetts



**Anytime
Is The
Right Time!** 

- What are the main reasons I want to start journaling?
- When during my day would be the best time to journal?
- Would I prefer to journal in a quiet corner, a cozy café, or somewhere outdoors?
- What are some interesting topics that I can write about?
- What tools or techniques will make me enjoy journaling most?

Starter Prompts for you



Journal because It's a transformative practice for clarity, emotional processing, and creativity.

No age or gender wars here.

Students, professionals, children and anyone seeking personal growth.

Anytime is the Right time! Morning gratitude, post-stress reflection, or nightly reviews. Journal Anywhere you feel comfy—your favorite spot at home, a park, or a café. Write whatever you Want! Daily experiences, dreams, or creative ideas. Let your thoughts flow!

Start Simple! Start Now! Just a few minutes a day is all it takes. Find your style! Embrace self-exploration—

Journal Sweetly with Sweetts!

More...

You can always visit my website and find out more about journaling. My website gives you access to my Facebook group for daily journaling prompts. You can see where I am hosting free in person journaling workshops. Find out how I can host a workshop for you and so much more.



Order a journaling notebook to start your voyage today!

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