



# Aunt Phil's Guide to Journaling

6 Tips to Improve  
Your Writing  
with Journaling

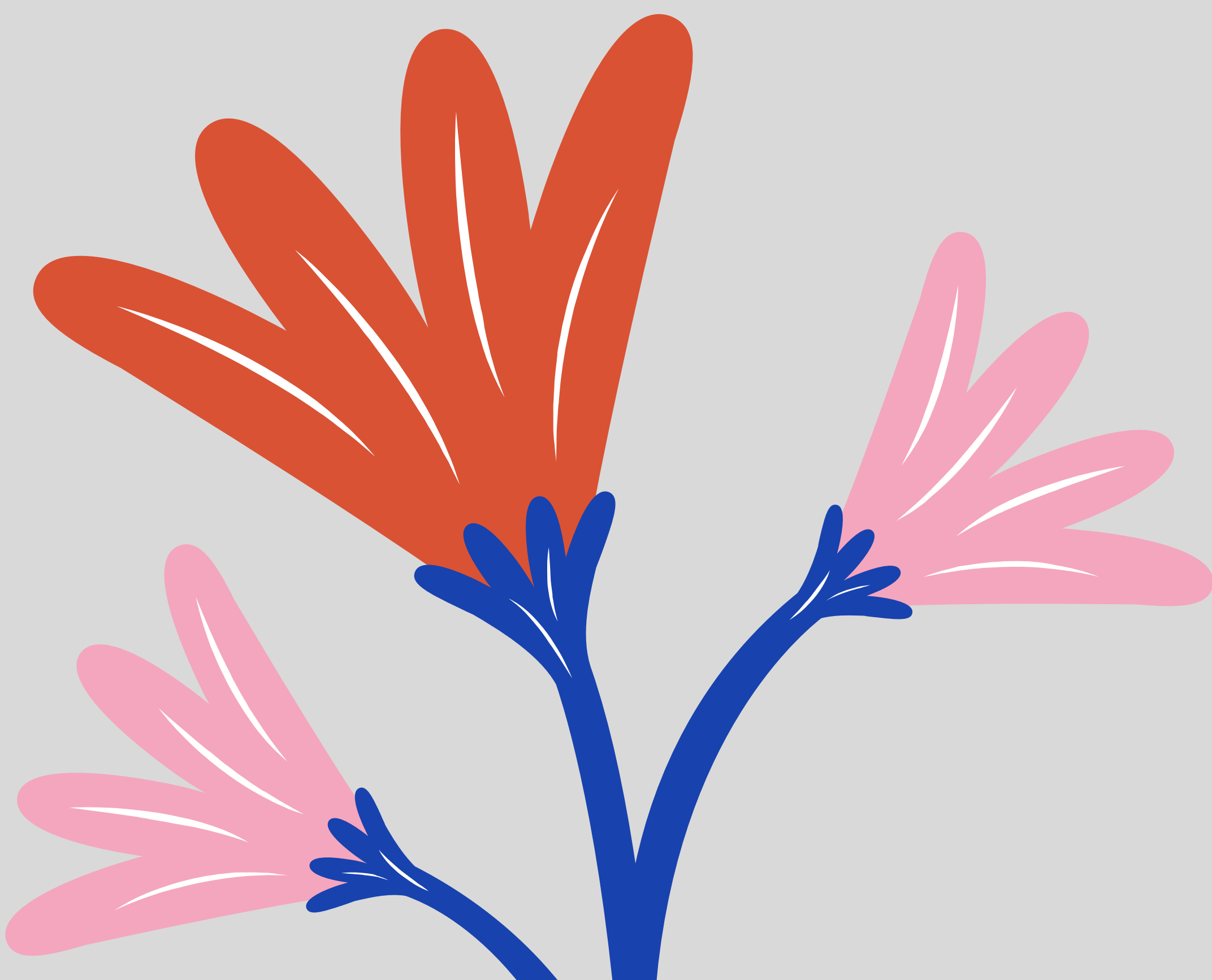
BY LAUREL DOWNING BILL

## *Tip #1 Keep your journal with you at all times*

Have you ever had an amazing idea for a book or a blog post that you completely forgot about by the time you sat down to write?

Exciting story ideas, inspiration for new characters, perfect quotations and themes for articles can come to us anywhere. Your journal is the perfect place to write these things down.

You might be inspired to write as you wait for your child in the carpool line or in the waiting room of the doctor's office. Keep your journal with you at all times, including your bedside at night.



## *Tip #2 Don't censor your writing; just write*

Ignore grammar rules when you are writing in your journal. Your journal is a safe place for you to write without fear of judgement or worry about creating a perfect product. No one ever needs to see your journal.

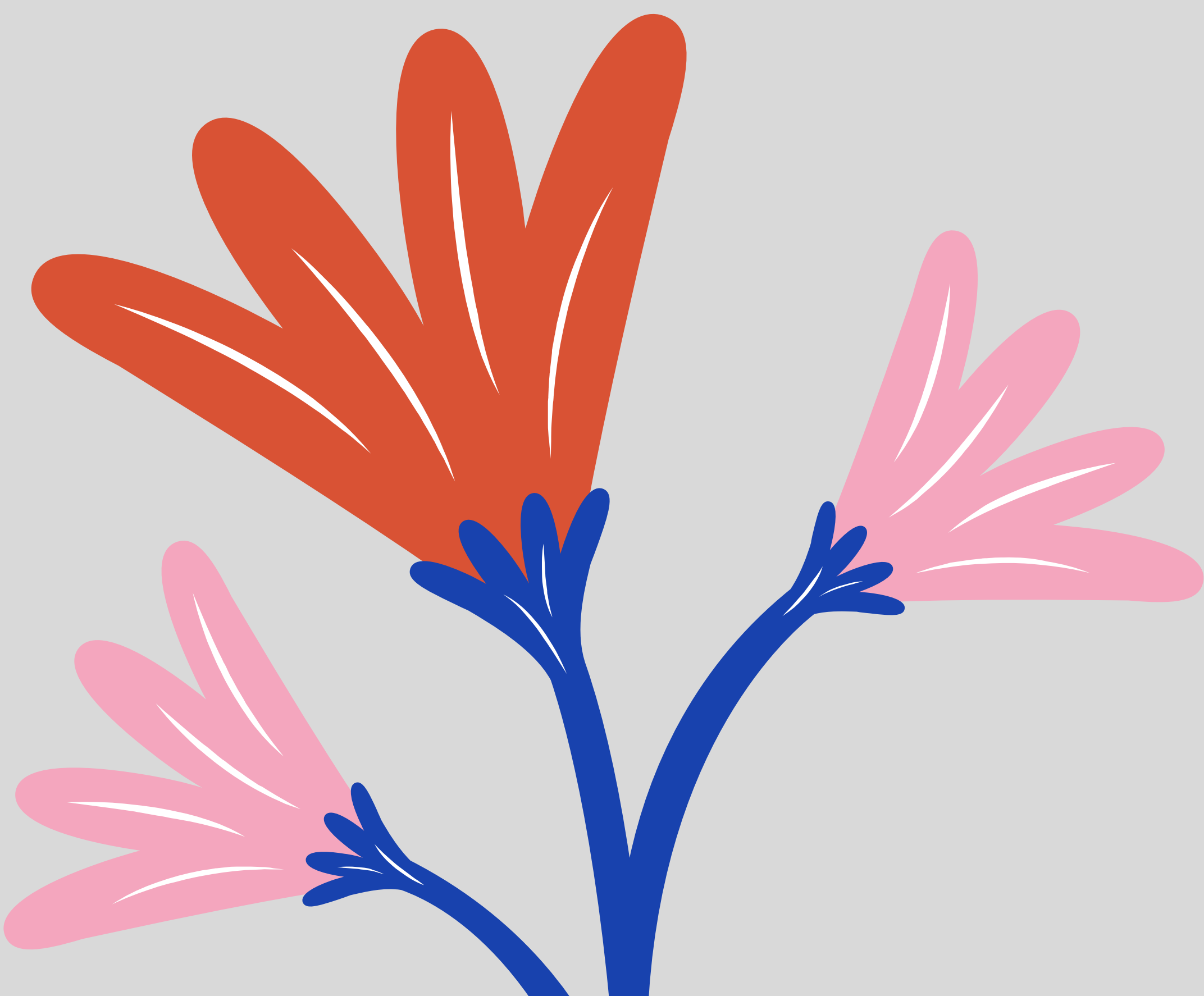
It doesn't have to make sense.

It doesn't have to be legible.

Feel free to jump from one idea to another.

Ignore the voice of your high school English teacher in your head. Tell your inner critic to take a hike.

Just write!



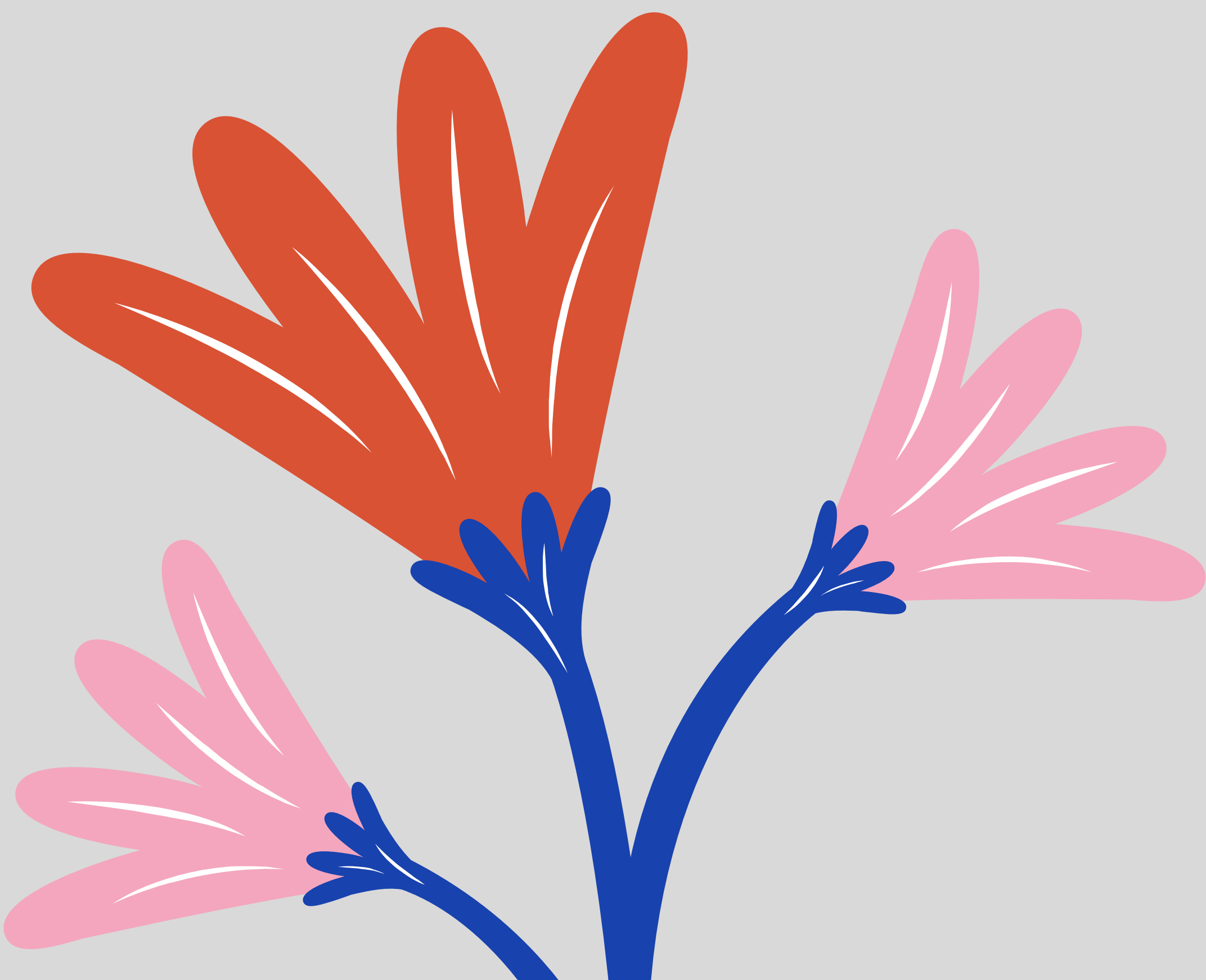
### *Tip #3 Practice writing without self-editing*

Perfectionism is the enemy of a good first draft.

As a writer, you already know that you should avoid editing while you are writing. Write first and edit later. For journaling, don't edit at all.

A lot of your writing will be horrible, and that's okay. Some of your writing will be amazing. The goal is to get used to allowing your writing to flow.

Free journaling will help you to become a more productive and creative writer.

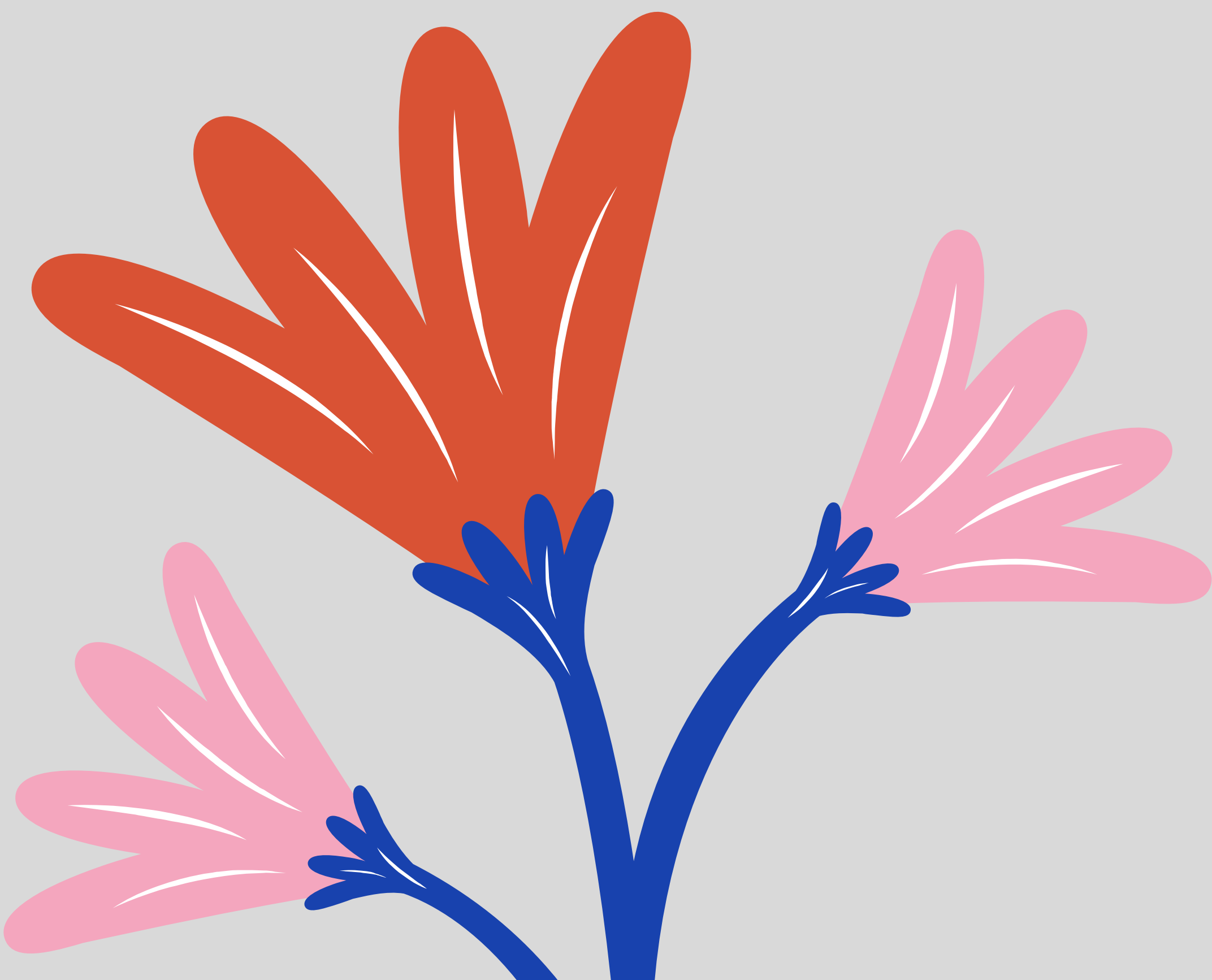


## *Tip #4 Hone your writing skills*

Consistently practicing and honing your craft is the only way that you will improve. Your journal is a safe place to work on the weak areas of your writing without the need to make it perfect.

You can try out Julia Cameron's Morning Pages method. Write at least one page while you sip your morning coffee. This method has the added benefit of starting your day with a clear head. Choose one particular skill that you want to focus on (e.g. descriptive writing, using active voice, show/don't tell, persuasive writing).

Writing prompts also can help you focus on specific writing skills.

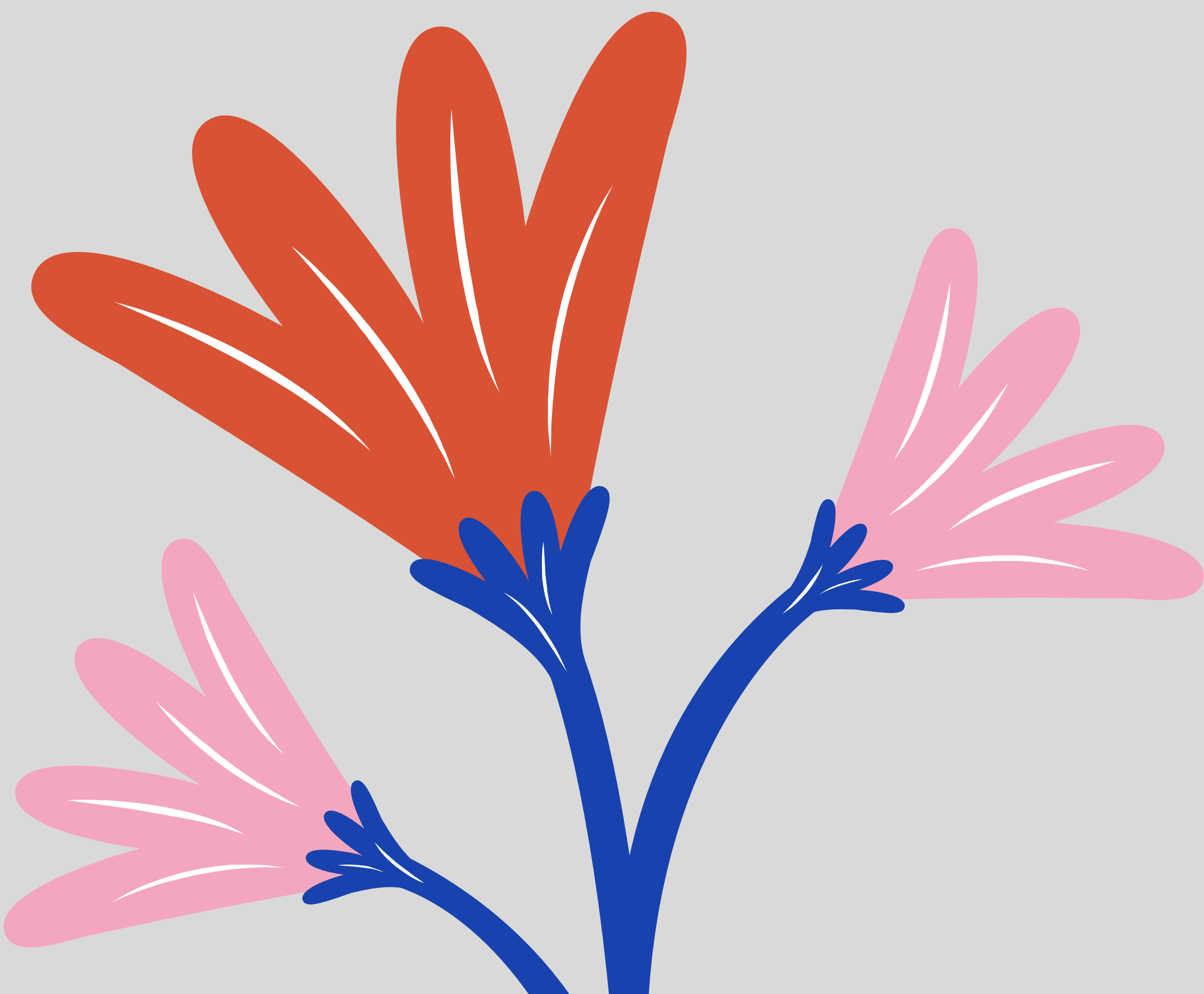


## *Tip #5 Test out new ideas and genres*

Your journal is the place to write about whatever you want to write about. Allow yourself to write about controversial ideas that you would normally be too nervous to share with your audience. It's safer than Twitter or your blog.

Are you a romance author who would like to try your hand at writing a thriller? Give it a try in your journal. Write out a few scenes. See how it feels.

You might find that you have the knack for a entirely different genre or style.

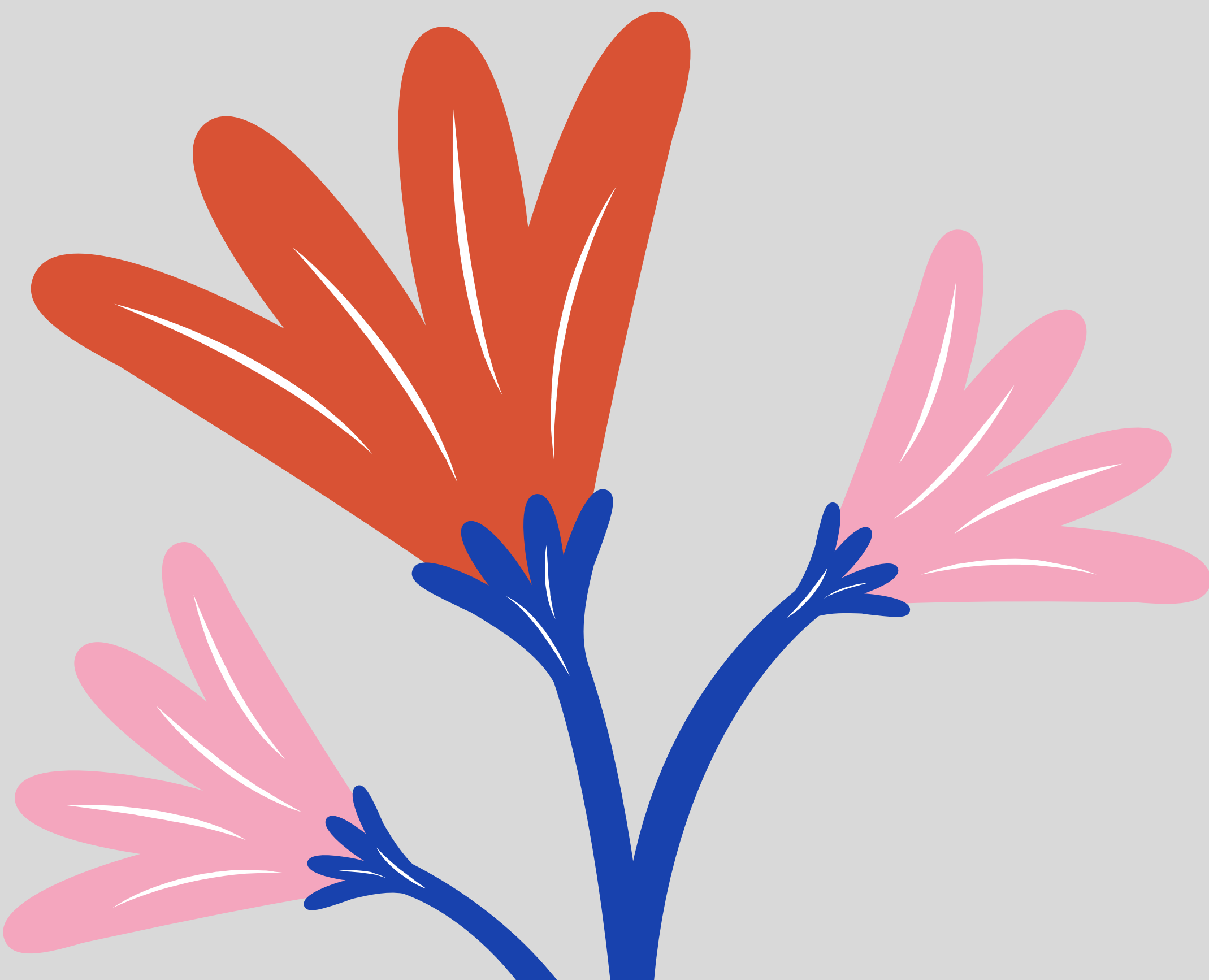


## *Tip #6 Use your journal as a source of inspiration and self-discovery*

Take some time to read through your journal entries on a regular basis. See what themes you enjoy that reoccur. You might come across an idea that inspires you.

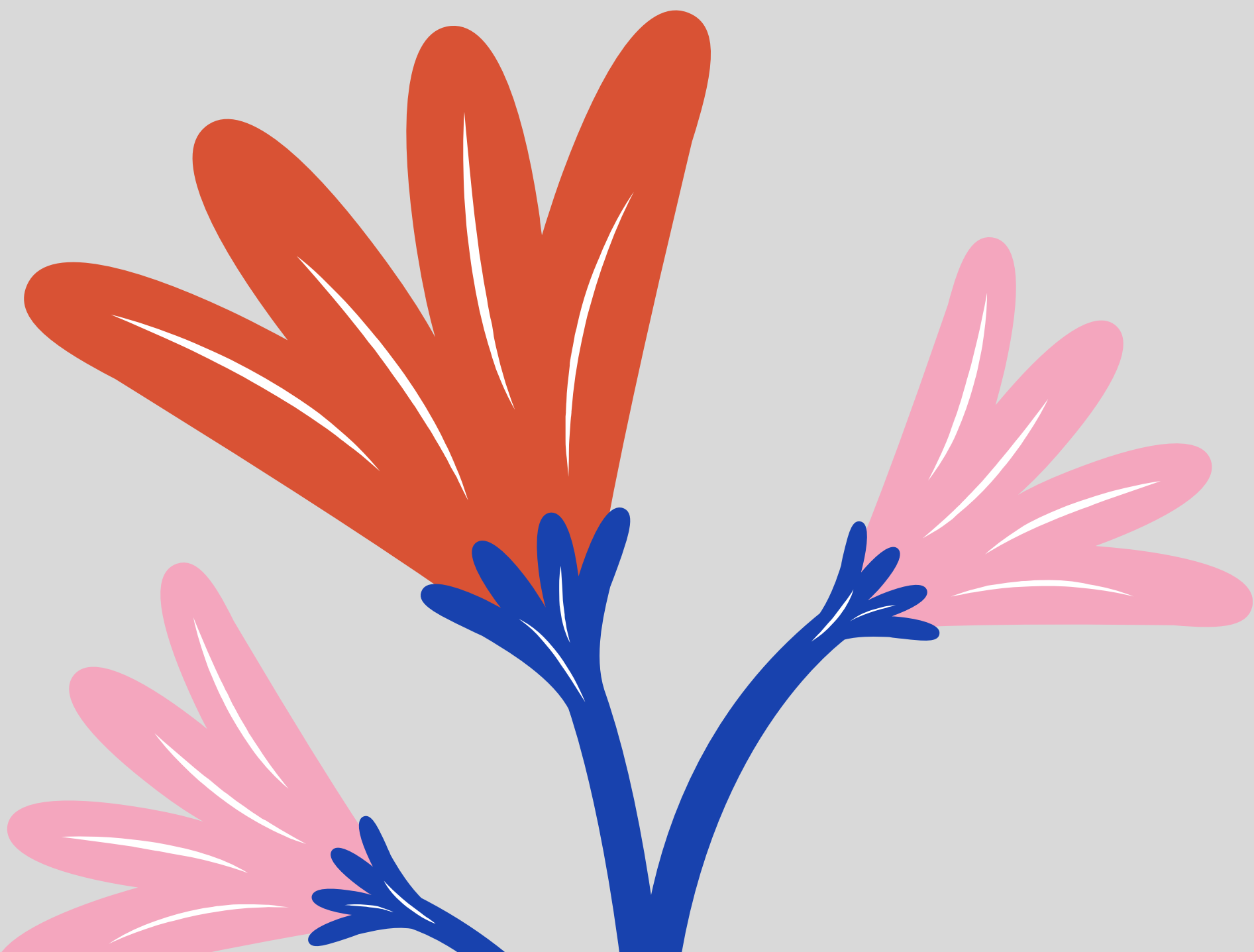
As an added bonus, you'll gain new insights into yourself. What are you consistently complaining about that you need to change? What excuses are you tolerating? What are your weaknesses and strengths? What do you love about yourself?

Learning what makes you tick will help you become a more passionate, confident and well-rounded writer.



# *I will apply what I learned in this guide by...*

Type your answers below. Be sure to save this file to your computer in order to save your work.





I hope that this guide inspired you to begin journaling to improve your writing.

Did you know that a regular journaling routine can help you improve your life in many other ways?

- Focus on your goals and achieve them faster
- Cultivate gratitude and kindness in your life
- Learn more about who you are and your life purpose(s)
- Overcome writer's block
- Generate new ideas for your writing
- Keep your writing organized
- Build discipline
- Become more productive
- Record important life events and memories
- And much, much more!



Hi! I'm Laurel Downing Bill.

I have been writing books for more than a decade and appearing in person at a multitude of shows to market them. One thing has been abundantly clear to me over the years as I watch the crowds and attend the events. Many people are so focused on their smart phones that they don't pay much attention to what is happening around them. Fingers fly across screens as messages are sent and photos swiped.

I'm concerned that we are losing the ability to communicate in any other way, and I'd like to help people find their way back to writing down their thoughts, analyzing their feelings and sharing their stories.

That's why I created a package of journaling guides to help you get the most out of your journaling practice.

## **Introducing: Aunt Phil's Journaling Guides Bundle**

Are you one of the many people who struggle to maintain a consistent journaling habit? Would you love to reap all of the benefits of daily journaling, but you don't know where to start?

**I created this bundle just for you!**

Here is what's included in Aunt Phil's Journaling Guides Bundle:

[Guide #1: 22 Creative Ways to Use Your Journal](#)

Discover exciting ways to use any blank journal to improve your life and make it more enjoyable

[Guide #2: Morning and Evening Journaling Rituals](#)

Easily build more discipline by making journaling a part of your morning or evening routine

Enjoy all of the benefits of building a daily journaling habit and enjoy it

[Guide #3: 7 Steps to Reach Your Goals with Journaling](#)

Reach any goal faster by keeping a journal that is focused on a single goal

Build focus, discipline, motivation and a solid plan with your goal journal

[Guide #4: Bullet Journaling Tips for Writers](#)

Learn how a bullet journal can help you become a more organized, efficient and creative writer

Personalize your bullet journal for your specific writing projects

[Guide #5: How to Use Journaling to Cultivate Gratitude](#)

Design your gratitude journaling practice to rewire your brain to look for things to be grateful for in your everyday life

[Guide #6: Overcome Writer's Block: How to Get Unstuck](#)

Discover how journaling can help you generate new ideas and power through writer's block

[Guide #7: Tips to Stick to Your Journaling Routine](#)

If you have struggled to stick with a journaling routine in the past, these tips will help you

[Guide #8: Discover Inspiration for Your Journaling](#)

Learn creative ways to keep your journal entries fresh and exciting

[Guide #9: How to Use Journaling for Self-Therapy](#)

Discover how journaling can be a powerful tool to help you become more introspective and strategic in facing life's challenges

I also put together a special bonus workbook to help you get even more out of this amazing package—

[Bonus Report: 24 Journaling Prompts for Fiction and Nonfiction Authors](#)

Learn how journaling can help you power through writer's block. This workbook is full of writing prompts to get your creativity flowing and generate new book ideas.

**This workbook alone is a \$9.95 value, but it is my special gift to you for purchasing Aunt Phil's Journaling Guide Bundle today.**

For the price of two lattes at your favorite coffee shop, you can learn how to build a powerful journaling routine that will improve your life and your writing.

Just one more thing ...

If you are not happy with your journaling guides, I will gladly refund your money. I forgot to mention that there is a no-questions-asked guarantee. I hate to receive a product only to find that it was not at all what was promised to me. So, you will have a full 30 days to read through the package of reports. If you are not satisfied for any reason, simply email me for a complete refund. I will happily return your money.

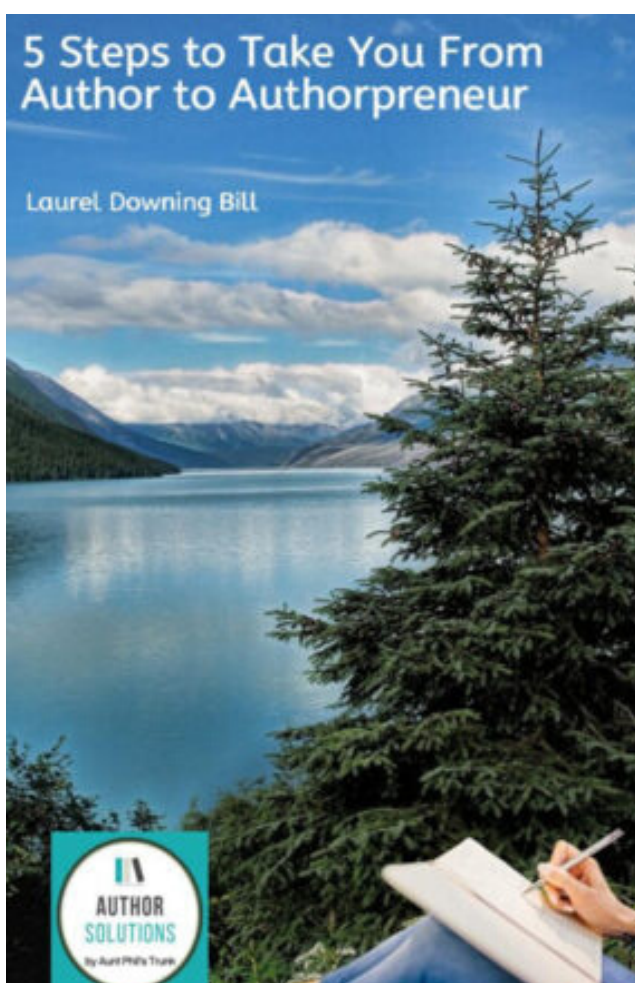
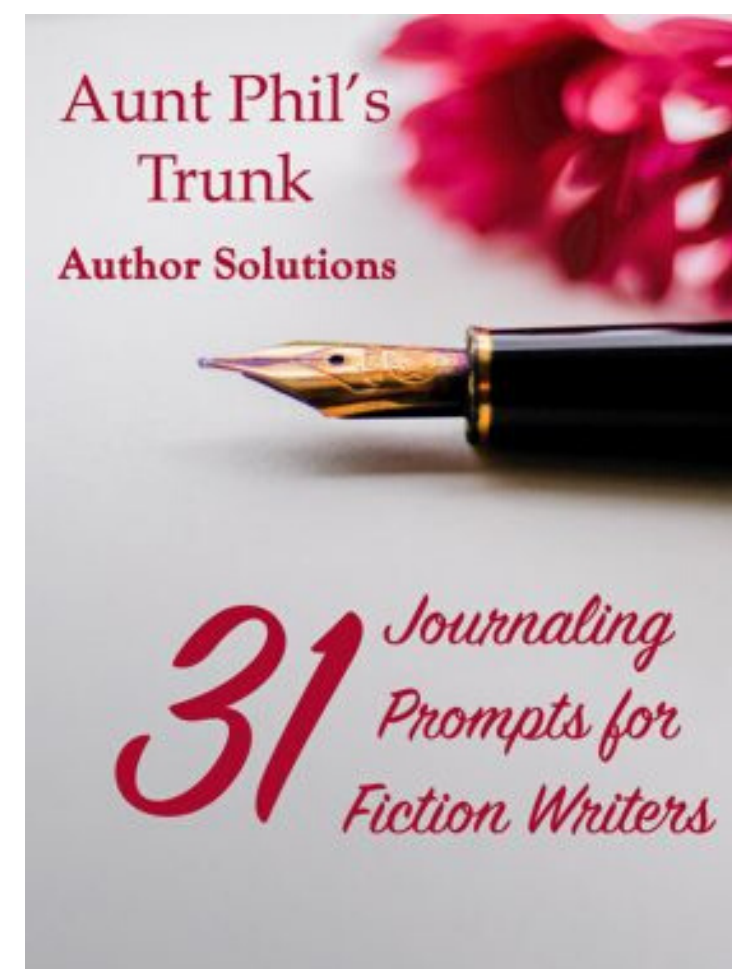
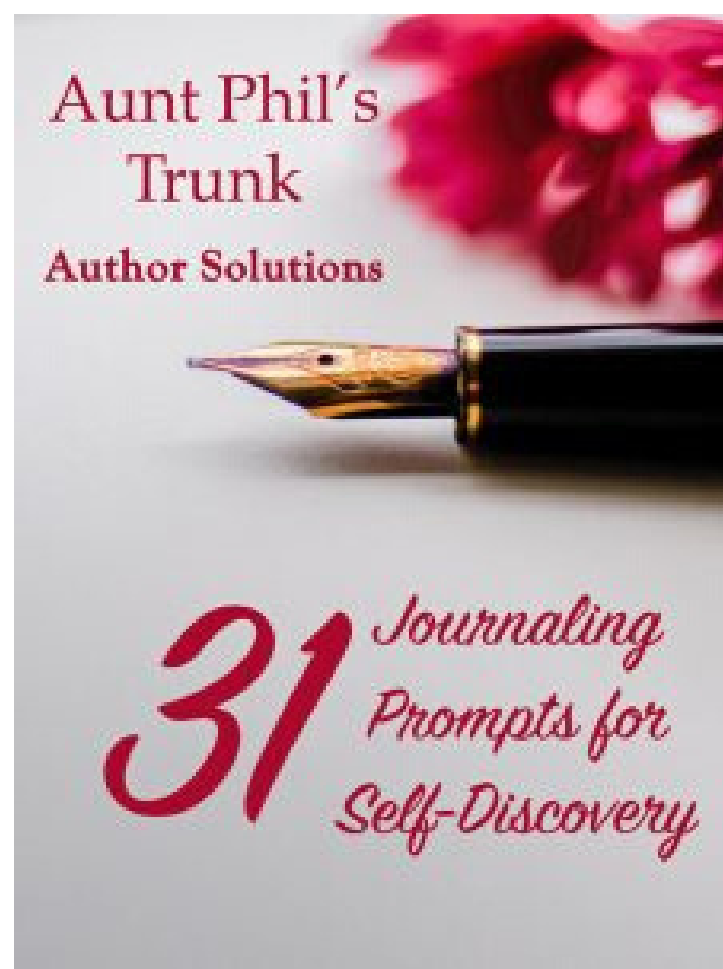
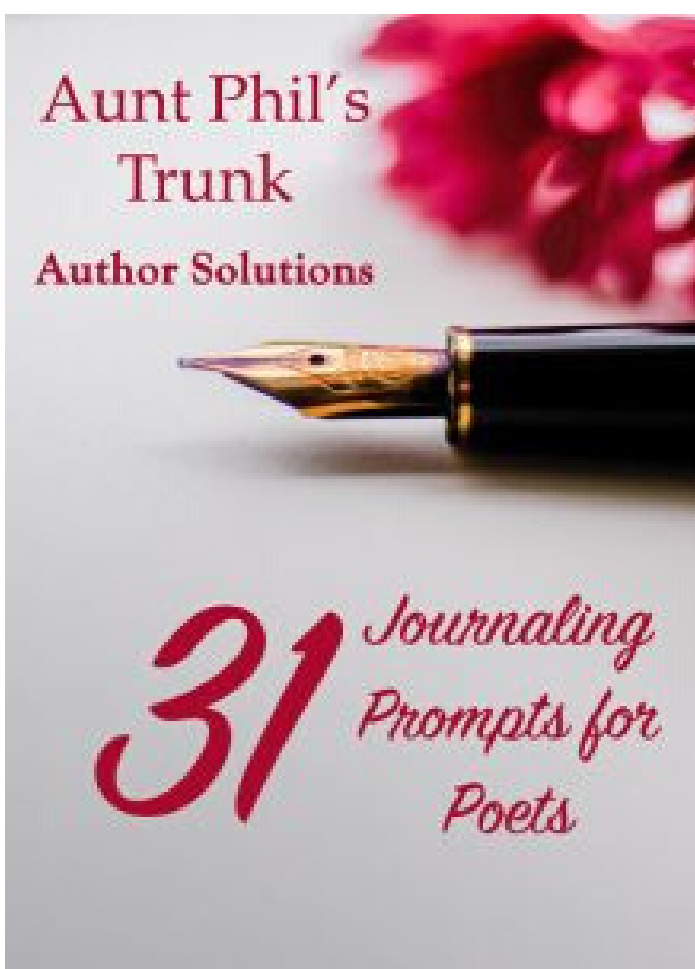
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make money from your books?

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