

# How Journaling Promotes Positive Thinking

As you know, if you are following along with our [Positive Thinking Challenge](#), a journal is an amazing tool to use for thinking more positively. It isn't just great for gaining more clarity and venting your frustrations, but for your journey to being a more positive person as well.

Keep reading to learn about all the reasons why you should use a journal to increase your positive thinking.

## You Can Reframe Your Negative Thoughts

First of all, you will use the journal to help reframe your thoughts into more positive ones. This is one of the biggest hurdles of thinking more positively, since you can't control negative things that happen in your life. Almost every day, unexpected events will transpire that might put you in a funk, make you feel sad or frustrated, or just really affect the day you had planned out for yourself.

While you can't control these events, you can control how you deal with them. You can use your journal to write down your negative thoughts, then look at ways to make them positive. We will talk about this more in a later blog post as well so you really understand how this works.

## You Find Out Why You Have Negative Thoughts

As you begin journaling all your thoughts and feelings, you will also discover why it has been hard for you in the past to have more of a positive mindset. There are often patterns in the more negative things you talk about, whether they are all related to goals you haven't achieved, your work or school life, or even specific people in your life.

It is important to be open and honest in your journal, because that is how you will understand more about yourself and where your frame of mind comes from. By understanding WHY you have negative thoughts, you are able to make changes in your life to be a more positive person.

### **It Helps You Be More Grateful for the Good in Your Life**

Lastly, we really like journaling for positivity because you can express gratitude. Being more grateful is all about understanding the good things in your life, whether it is your health, people, or where you live and work, and appreciating it. You can write down one thing to be grateful for each day in your journal, which immediately puts you in a better mood and helps you to think more positively.