

Using Positive Language in Your Journal

Do you insert positive things about yourself into your journal when you're looking at your goals?

If you've been looking at these kinds of articles for a bit, then you've probably heard about the importance of positive self-talk and things of this nature. Sometimes the world can make you feel so cynical that positive self-talk just sounds like silliness, but it's a lot more powerful than most people give it credit for, and it's a very important part of a process that helps you to reach your goals.

It Keeps You Pumped

One of the main reasons why positive self-talk is so important is that it keeps you excited for your goals. If you're feeling good about the things that you've set out to do, then there's a better chance that you'll keep going and trying when things aren't going perfectly. That's why it's so hard to get to new things when people are being negative towards you frequently.

When you're writing out your goals, use the positive talk to keep you on page with the goal, and include some perks that you can have along the way. If you begin to have some serious blowback with the negative part of your mind, then you can break out your secret weapon and use positive affirmations to counter with those bad thoughts.

Positive Affirmations and the Power They Have

The great thing about positive affirmations is that they can be as general or as specific as you like depending on the

context in which you're going to use them. If you feel as though you might fail, you can tell yourself that, "Success is something I know I can create for myself." A large part of the reason why this matters so much, is because you can begin to replace those negative thoughts with more realistic views of yourself.

Another thing that happens is that you will probably begin to see patterns that you've created in life to distract yourself or to sabotage yourself in some way. Even though these kinds of realizations are uncomfortable at times, it's another important step towards achieving the things you want.

How to Begin

The best way to get this going would be to focus on one attainable goal for a week or two. Don't worry if it's something that you don't think you'll be able to get done in that time. It's mostly just so that you know what to do and how this process really works. Write down your singular goal and be sure to include all of the steps that are going to make it possible to reach that goal. At this point, it's really important that you make some kind of plausible timeline for the next week that tells you what you'll be doing to advanced towards your goal.

This helps you to get to a real-world view that commits you to getting to the next part of your personal or professional success. You might find it helpful to ask a close friend or loved one of some kind to help you to retain your accountability to this endeavor. Having someone there to remind can make it a lot easier to stick to things as well. They would be sort of like a spotter who helps you to stay focused and safe during workouts. Make a list of the things that make you feel like you aren't able to achieve the things you set out to do.

After you have all of them written down, spend some time rewriting them into positive versions of each reason, so that you CAN do it. For example, you would write something like, “I don’t think I know enough to reach my goals” and then you would change it to, “I know more than enough to get to my goals.” If you made a list of 10 or so, then you just want to pick 2 – 3 of these formerly negative statements that have now been transformed into dynamic affirmations that will help you to focus. Repeat or write them every day no less than 7 times each. Start in the morning, and for extra effort, do it at night.

Be Patient and Persistent

A lot of the things that you’ve set out to do aren’t going to be the easiest paths to face. In all of these things always remember that you’ll working towards something and that you shouldn’t expect any instant results. It’s going to take a lot of patience and persistence. This means following through and observing this process that you’ve committed to. Take each day at a time and be sure to remind yourself why you’re doing it, and that you’re entirely capable of doing it. The more you believe, more possible it will become.



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