



# Journaling is...

By Lynda Monk

## *Journaling is*

anything you want it to be.

It is the keeper of dreams, the guardian of secrets  
a container for your desires, all penned down,  
not pent up.

One word at a time.

## *Journaling is...*

a gateway to your inner confidante  
and confidence.

It takes you to the dwelling place  
of your inner wise guide.

One word at a time.

## *Journaling is...*

a magic wand for  
casting seeds of magnificence  
into the fields of your life.

## *Journaling is...*

a whisper of truth.

Evidence of this life you're living.

A hunger. A hope. A regret.

Healing for one. Healing for many.

One word at a time.

## *Journaling is...*

sacred ground

where words

help you

open your heart

to loving yourself,  
more.

One word at a time.

## *What is journal writing, really?*

Only you can decide for sure.

One word at a time.