

TWGGGE The Morning Pages

I often suggest starting with a journaling technique called
The Morning Pages.

This is an amazing way to start your day.

Have a pen and paper by your bed so it's there when you wake up. In the morning grab your pen and paper and write whatever comes to your mind.

Let the words flow without overthinking. The advice is to write 3 pages, but if that feels like too much, just write for as long as you want to.

And if nothing's coming to your mind, simply write that-I'm writing my morning pages and nothing is coming to mind. Until something else pops into your head.

It doesn't have to make sense, don't worry about grammar or spelling, this gets to be messy! I know this can be tricky if you're used to writing in a formal way, but allow yourself to let go of that.

This is the perfect way to release difficult feelings and sets you up for a positive day.

Now, if you're not a morning person or your mornings are busy, find a time of day that works for you. Like after you get back from work or before bed.

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