Mindluster Platform

About the course Journaling for beginners

Course Presenter : Johanna Clough

Journaling, in this course we will learn about journaling, exploring different styles and techniques to develop a meaningful writing habit. Whether for self-expression, creativity, or personal growth, journaling helps organize thoughts, track emotions, and set goals. Youâ€™ll discover various journaling methods, from bullet journaling for productivity to gratitude journaling for mindfulness. Weâ€™ll also cover artistic and reflective journaling to enhance creativity and emotional well-being. This course is perfect for beginners looking to build a consistent journaling practice. Through guided exercises and prompts, youâ€™ll gain confidence in writing freely, overcoming writerâ€™s block, and making journaling an enjoyable daily habit. By the end of this course, youâ€™ll have a structured approach to journaling that suits your needs. Start your journaling journey today. Johanna Clough

Soft Skills Category's Courses

Course Lesson(25)

Lesson 1 : **Easy Junk Journal Page Ideas BORDERS**

Lesson 2 : **how to fill a journal page how to journal easy**

Lesson 3 : **what to write in your journal**

Lesson 4 : **10 ways to use washi tape in your journal**

Lesson 5 : **Easy Journal Page Ideas for Beginners part 3**

Lesson 6 : **Easy Journal Page Ideas For Beginners PART 2**

Lesson 7 : **how to journal scrapbook old memories**

Lesson 8 : **HOW TO START A CREATIVE JOURNAL start journaling scrapbooking for beginners**

Lesson 9 : **laminated pages junk journal ideas**

Lesson 10 : **60 souvenirs to fill your journal or scrapbook**

Lesson 11 : **What is EPHEMERA what to put in a junk journal**

Lesson 12 : **Using Envelopes In Junk Journals EASY IDEAS**

Lesson 13 : **Easy Journal Page Ideas For Beginners**

Lesson 14 : **How To Journal For Beginners**

Lesson 15 : **How To Journal Every Day How To Journal For Beginners**

Lesson 16 : **Easy Journal Page Pocket Ideas**

Lesson 17 : **how to do creative journaling for beginners**

Lesson 18 : **Making a Journal For Beginners Step by Step Process**

Lesson 19 : **Easy Binding Tutorial For Beginners**

Lesson 20 : **DIY Art Journal Tutorial For Beginners Step By Step Process**

Lesson 21 : **Adding Simple Eclectic Tabs To My Journal**

Lesson 22 : **Beginner Journal Tips And Starter Kit TOP 8 JOURNAL SUPPLIES**

Lesson 23 : **Starting a Journal For Beginners**

Lesson 24 : **10 Ways To Use Washi Tape In Your Journals Washi Unboxing Washi Wednesday**

Lesson 25 : **Ways to fill a journal**

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