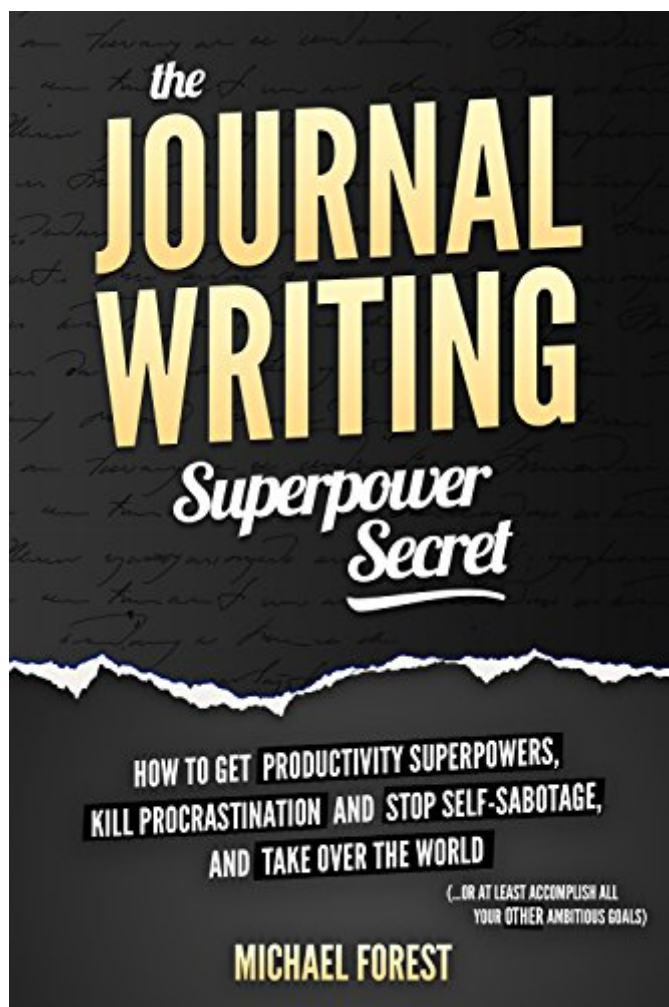


The book was found

The Journal Writing Superpower Secret: Get Productivity Superpowers, Kill Procrastination And Stop Self-Sabotage, And Then Take Over The World





Synopsis

What if a 10-minute journaling routine gave you superpowers? The Journal Writing Superpower Secret won't let you shoot webs from your wrists or leap tall buildings, but here is how it can help you right now:

- Gain "instant clarity" and "hyper focus"
- Identify and stop self-sabotage
- Shut out distractions, self-doubt, and naysayers

This can help you accomplish things like:

- Lose weight with an actual, honest-to-goodness healthy mindset (i.e. without driving yourself bonkers)
- Write every day
- Take over the world

Accomplish your own huge, ambitious goals

Here is the "secret" this book will show you: As any journaling book will tell you, your journal is your own and it can be whatever you want it to be. This usually means something like "Write what you want! There are no rules!" Well, that's 100% true. But think about it: this advice also means that you are still allowed to embrace frameworks and structures if they would help! In fact, you can choose to embrace them exactly as much or as little as you want, and you can use them in whatever manner you want. In other words, you are allowed to dig into your journal with specific outcomes in mind. You sure don't have to, but you are allowed to. Your journal writing does not have to be an end in itself, and you are allowed to use your journal as a tool.

Introducing... "Intentional" Journaling

Intentional Journaling lets you open your journal with some specific outcome in mind.

- You are not required to free write if you don't want to (...but you can if you do).
- You are not required to "just write what comes to mind" (...but you can if you do, and the book will help you decide when this might be beneficial).
- You are not required to write for a set amount of time each day (...because you decide when and how to integrate your own personal ritual with the rest of your life).

All these things have their advantages and their place. But you decide when and how to use them. You decide what prompts to use. You decide "how" to strategically leverage your journal to identify and build on your strengths, address your weaknesses, and become that awesome, superpowered version of yourself you want to be.

Included:

- Dozens of prompts, plus how to use them effectively.
- How to "stack" questions and prompts to create specific exercises.
- How to use journaling "mini sprints" to boost your powers.
- How to create a routine that works for you.

Just click "Buy Now with 1-Click" to download this book instantly!

Book Information

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Customer Reviews

I have tried keeping journals in the past and always, sooner or later just stopped because they were going no where. This book is going to keep journaling going somewhere for a long time to come!

Really good. I love that the focus is on making changes and moving forward, not on rehashing the past. Offers focused and purposeful journaling ideas, lists, and templates to improve productivity and decrease procrastination. I would recommend it over pretty much any other journaling book. A lot of journaling guides are too vague and touchy-feely for me. This is practical and above all action focused. The writing is surprisingly good: I read a lot of productivity books that sound like they were knocked out in 2 hours over a beer. This makes a more versatile - and much cheaper - alternative to any of the productivity journals like The Mastery Journal, The Productivity Planner, the Go Journal etc etc. The book includes links to all the exercises in both Word and pdf, so you can customize them, print them out etc. If you want to journal in order to improve your life I do recommend this.

I started reading The Journal Writing Superpower Secret and twenty minutes into it, I was so excited, because I knew this was exactly what my journalling was missing. The keyword here is Intentional. Michael Forest takes a whole lot of things I was working on - gratitude, affirmation, goal setting - and shows you how to put them into action via a journal. It works, too. I've written

in my journal every day since then (I started on July 4th), and it doesn't feel like a chore. I'm excited to write in it every morning, excited to reaffirm my commitment to my goals, and in the sprints and exercises, renew my enthusiasm by digging into why I want to achieve this goals and what they represent for me. I've definitely notice an increased focus since I started, and my mood has been more even overall. I'm back to setting big goals for myself and feeling positive.

The minute I started reading this e-book, I was hooked. I've tried for years to write in a journal. Even with others urging me on and even with my having purchased other books on journaling, I just couldn't get started. I'm also an empath and am so busy taking on everyone else's stuff that I get overwhelmed. Mike's method(s) just clicked for me. I like the "baby steps" that he outlines. This approach has eliminated this sense of being overwhlemed. Now I'm journaling! I look forward to trying some of his other journaling suggestions in the future. Thank you!

I preface this review by sharing that I am an amateur reviewer who is reviewing from items that I have paid for either through money I made or bought with my husband's help. I must make this clear as I admit to have considered it a compliment when I have been confused for a paid reviewer yet I am actually an amateur reviewer with a writing passion. This kindlebook of The Journal Writing Superpower Secret by Michael Forest contains quite an abundant amount of tips for making journal writing fun. Areas such as using prompts such as today I will, likely challenges I will overcome, daily life after accomplishing my goal, over the past five days I can be grateful for and more.

A great read! I enjoyed Michael's writing style and the easy to follow suggestions. I found this book to be more than just a book on keeping a daily log. I highly recommend it for anyone who likes to read a book of quality !

Some nice ideas, some of which I'm adding to my daily calendar...very nice writing style, easy on the brain...

I am new to journaling. I wanted a book that would make it easy to understand as well as teach me the actual process. I found that here. Mr. Forest has an easy peezy way of writing and it makes learning enjoyable. I am definitely equipped to jump in head first. I know how to start and I'm not overwhelmed now. I highly recommend this book to be read if you are interested in journaling from

novice to master you will benefit from this book! I read it on my tablet for free and now I am off to buy it. An absolute necessity for my library of knowledge. Bravo Mr. Foest. I am looking forward to your next book! Thank you, thank you, thank you for this one!

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