



*Red Petal Co.*

## My Top 3 Tips for *Journaling On-The-Go!*



So many different thoughts, feelings, and emotions are always playing around in our minds!

If you don't have an outlet to help organize and process them, they will just create more clutter causing you to feel overwhelmed, flustered, or not able to focus or think clearly.

What I found that worked great AND gave me instant results was journaling.

Writing out what's in your mind helps clean up the noise and create more space so you can keep focusing on living your life.

But what if the journaling inspiration hits while you're out and about, or on-the-go?

Here are a few tips I've discovered that will make journaling on-the-go super easy!

### 1. **One Is Never Enough**

I have a home journal, but what I found worked best was to also have a journal that stayed in my car, and a smaller journal that fit in my purse or travel bag. So no matter when the inspiration hit, I could easily grab a journal and jot down my thoughts wherever I was.

I also love coil bound journals so I can easily flip it around and hold it however I need to, no matter what I'm doing. PLUS it's easy to slide and tuck a pen in there - *perfect!*

## 2. Let's Get Digital

Sometimes when a great idea hits, you won't have a journal with you. When this happened I just grabbed my phone, opened the memo app and typed it out.

I put the app on my home screen so I could easily and quickly open it with one swipe, and the talk to text option is also a great feature to help save time!

## 3. Stop, Drop, and Write

If inspiration hits you, do not be afraid to stop everything you're doing and write it out using one of your journal options.

I've stopped hiking or walking to jot down a thought, and I've also had journals with me while visiting friends - they of course didn't mind and even loved the idea!

Now I'm certainly not suggesting that you journal while driving, please pull over where you can safely write if you're operating a motorized vehicle. ♥

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Inspiration can hit at any moment no matter where you are. Don't hold it in!

With these simple tips you'll always have an option to journal it out, no matter where you are! Hope you enjoyed it! ♥

*Lots of Love & Good Energy,*

— *Erin*