

# JOURNALING FOR YOUR HEALTH

## WAYS TO JOURNAL:

- Handwritten vs. Digital Journaling
- Brain Dump
- Expressive Writing
- Gratitude/Positive Affect Journaling
- Writing Prompts
- Vision Boards
- Writing Lists
- Art, Scrapbooking, Junk Journaling
- Habit Trackers

## DIGITAL JOURNALING OPTIONS:

Lifewire.com summarized the top 6 digital apps:

- 1.Penzu:** Secure for privacy, customizable, easily insert images
- 2.Journey:** Intuitive Interface & best-looking layout
- 3.Day One:** Simple design, create multiple journals
- 4.Diary:** Quick, short journal entries, customizable, share journal entries
- 5.Grid Diary:** Grid-style templates to encourage writing, inspirational quotes
- 6.Daylio:** Capture experiences without having to write anything using emojis and icons, ability to add notes into entries



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## YOUR NOTES:

