

Why people like Hamza and Iman Ghazi are on their knees begging you to start journaling

Journaling in and out of itself is not difficult.

You do not need a college degree or a highschool education to start.

You don't need some thousand dollar pen or 10 masterfully crafted prompts to start thinking about writing.

You don't need anything special.

NOTHING.

All you need is a small time set aside for you to just focus.

Focus solely on writing.

Capturing how you feel and everything that is on your mind.

Once you are able to master this simple process of concentration and writing, you can then start thinking about using external components like prompts and rigorous expression exercises.

But until then, stay consistent and disciplined and you will begin to see yourself transform from an empty shell of a child to a sophisticated, articulating example of a man.

You might not see me again so follow me.