

From Shege to Sense

#1. How My Journal Keeps Me Grounded

Journaling? It's a life hack you can't sleep on.

I pick up my journal whenever I'm overwhelmed. Anytime life starts to choke me—whether it's sadness, joy, love, anxiety, fear, or anger.

Some days, I write. I pour my heart out, other days, like today, I just open am to read and remember myself.

I pick up my journal like say na my last card.

Your journal is more than just a place to vent. It has to contain ginger too! Fill it with positive thoughts, affirmations, and reminders that you be real gee, the main character. Write down those words that remind you, "I sabi. I fit run this thing. I go make am." Write that you're capable of achieving anything. Document your goals, aspirations, and dreams.

And on those days when you feel like wahala don too much and you just wan quit, go back to that journal. I'm telling you, there will be something you wrote, even if na small line, wey go slap sense back into you.

When you feel down, let your past self be the one to lift you back up.

The days you feel stuck, like you no even sabi how or where to start again, just turn to one random page from that 3 a.m. write up when your head was full of ginger. Those ambitious vibes? Na

them go reset your brain back to factory settings. You? Give up?
Abeg, no dey fuck up o. Life no hard reach.

Journaling isn't just about processing the bad days. It's about documenting your journey, with all its highs and lows, na your story. So make sure say you dey fill am with the essentials and you can return to it like a personal manual—a guide written by the only person who knows your path best: you.

See, just write am down. **M**