

10 REASONS WHY
SUCCESSFUL LEADERS ARE
Keeping a Journal



#1

INCREASE YOUR EMOTIONAL IQ

Writing as part of language learning has a positive correlation with your intelligence.



#2

BECOME A PRODUCTIVITY MASTER

Journaling done the right way,
triggers your mind to accomplish
more in a day.



#3

LEARN YOUR STRENGTHS

Regularly connecting with your thoughts will teach you a lot about yourself.



#4

IMPROVE YOUR COMMUNICATION SKILLS

Expressing your thoughts regularly on paper will improve your verbal communication.



#5

QUIET YOUR MIND

Journaling helps you be in the present moment letting go of future anxieties.



#6

BOOST YOUR MEMORY

Journaling will help your brain to re-enact certain events that could have been forgotten.



#7

IMPROVE SELF-CONFIDENCE

Knowing your strengths and weaknesses will increase your self-confidence.



#8

ACHIEVE YOUR GOALS

Writing down your goals
increases your chance of
success by 42%.



#9

CLEAR YOUR MENTAL SPACE

Empty your brain on paper to leave space for better decisions and things that matter.



#10

INCREASE YOUR CREATIVITY

Use writing to let your mind flow creatively everyday. It will slowly train your brain to have a good flow of ideas.



IF YOU LIKED THIS PRESENTATION

Check out this one below!



[How to find your Life Purpose... Before it's too late](#)

Happy Journaling!



Sources

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