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Handwritten Journals for Enhanced Thinking Process by Mark D

Article published on December 28th 2011 | Self Help

The repetitive tasks and electronic gadgets around us have reduced the usage of brain when it comes to remembrance. Most of the time we forget important phone numbers when we could not gain access to the contacts that are stored digitally. From a notepad to a reminder, we rely upon digital devices rather than pen and the paper. This article will talk about the importance of having a physical journal to improve the thinking process.

So much goes on around us every single day. Therefore it is hard for our mind to remember all of it. The thinking process is very complex and indeed fascinating at the same time. If you want to be able to memorize finer points of your day, write them down in a journal or a diary. Your thinking process will improve as you do this. To start with, I followed a habit of writing down about my home visitors. A surveillance device like ADT Home Security will have your home's visitor record. Just watch the video and write down something about the visitors and purpose of their visit.

Many a times we are analyzing what we are thinking as we do it. Try to get into the habit of writing down what your true feelings are without allowing yourself to analyze what you are doing. This freedom is going to help you uncover how you really feel about a certain topic. Try to remember all the details of an event that you wish to remember in full. If possible write down about how you felt during that event. This is important because later when you read this material again you will be able to conjure up those same images with clarity due to the fact that you are going to give your mind such a detailed reminder.

In order to enhance your thinking process, you should write down something every day. Many people do so at the end of the day as a way to help them relax and unwind in the evening. Others choose to write first thing in the morning as it allows them to get plenty of inspiration for that day. If you are not interested in writing down events that occur each day consider writing down what you remember from your dreams. Then you can work on interpreting them which is a really a perfect hobby.

When you have certain goals in life that you want to meet, writing them down is a huge step towards achieving them. This offers you a concrete way of seeing what you have to work towards. You can easily look at that material every single day for inspiration and to keep yourself on the right track. Make sure you keep such information in a place where you can easily refer to it every day. Make commitment to write for a set period of time each day. It can be 15 minutes or more but make sure you do it. Don't analyze what you are going to say, just let it flow. It is fine to jump from one subject to another. Don't worry about sentence structure or other aspects of it. The focus should be on allowing your brain to freely work through whatever you are thinking about.

There is also a type of therapy that comes with writing down your thoughts. It is a great way to clear your mind and to put things into perspective. Many people find that it also helps them to reduce stress. They don't have to rely upon their memories or the digital gadgets alone to help them with the details of an event. The more time that occurs between when you write down your thoughts and when you read them again the more special and cherished they become.

Article Source:
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Being a freelance writer I enjoy sharing my thoughts with rest of the world. Just like having a security device like a ADT Home Security for your home along with a guard dog, one can have physical records of virtual memories to make the thinking process easier.

Article Keywords:
adt home security, home services, thinking

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