



SUPPORTING  
WOMEN ENTREPRENEURS  
IN BC

# The Journal

## A little notebook can become a powerhouse of ideas!

Writing a journal is an investment of time, as an empty journal has no value. Journaling gives individuals the chance to analyze themselves and their surroundings, and to discover new ideas, feelings, and thoughts.

The benefits of journaling do not happen overnight. We encourage you to try it for at least one month. People who consistently journal report two key benefits:

1. Writing something down forces you to think it through.
2. Storing information saves you from reinventing the wheel and gives you a written record so you don't forget your ideas.

Some of the uses for journaling are:

- Keep memorable lines, quotes or images
- Make lists of great books you've read or books you want to read
- Make notes to yourself on ideas you have
- Make notes of conversations you have had
- Describe situations and their impact on you
- Track personal insights
- And the list goes on.....

There are no right or wrong ways to journal.

Supporting women entrepreneurs in BC  
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