







Webseiten-Bericht für thejournalingcoach.com

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Der Wert ist 47/100



SEO Inhalte

	<p>Seitentitel</p>	<p>Why journal? -</p> <p>Länge : 14</p> <p>Perfekt, denn Ihr Seitentitel enthält zwischen 10 und 70 Anzahl Zeichen.</p>								
	<p>Seitenbeschreibung</p>	<p>Länge : 0</p> <p>Schlecht. Wir konnten keine Seitenbeschreibung auf Ihrer Webseite finden. Benutzen Sie dieses kostenlose Werkzeug um eine Seitenbeschreibung zu erzeugen.</p>								
	<p>Suchbegriffe</p>	<p>Nicht so gut. Wir konnten keine META-Suchbegriffe auf Ihrer Webseite finden. Benutzen Sie dieses kostenlose Werkzeug um META-Suchbegriffe zu erzeugen.</p>								
	<p>Og META Eigenschaften</p>	<p>Sehr gut, denn diese Webseite nutzt die Vorteile aus den Og Properties.</p> <table border="1" data-bbox="544 1379 1481 1682"> <thead> <tr> <th>Eigenschaft</th> <th>Inhalt</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Why journal? -</td> </tr> </tbody> </table>	Eigenschaft	Inhalt	locale	en_US	type	website	title	Why journal? -
Eigenschaft	Inhalt									
locale	en_US									
type	website									
title	Why journal? -									

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description

Keeping a journal is a good learning activity for personal growth because it forces you to regularly reflect on your own life. . It becomes more obvious where your challenges lie when you have to put your experiences down on paper. Journaling is also a good way to record your life and experiences to see how you have grown and changed over the years. You might be surprised three years from now when you look back on today. It can be tough to get started: what do you write about? Should you use a notebook, word processor or something fancy like a leather-bound journal? Getting started journaling isn't something that you need to think about too hard. Yes, there are numerous types and styles of journals and ways to do this that may or may not be more effective depending on your goals, but you can simply get some paper (or your computer) and get started today. Dust Off Your Pen and Paper, You don't need anything special to keep a journal; in fact, purists believe that using pen and paper is the best way to journal because you can carry it with you anywhere and you don't need technology. So, there will be no excuses. Do It First Thing in the Morning, Don't procrastinate about keeping your journal. It's best to do it in the morning before you begin your day so that you have the right frame of mind for the day. Plus, you only need five to ten minutes, so it's not that big of a deal. Do It Last Thing at Night, Another time to do it is before bed. This works especially well for gratitude journals. That way you can go to sleep thinking about all the things you are grateful for instead of things you're worried about. Write Every Single Day, Whenever you choose to do it, try to set it up so that it becomes a ritual and a habit. Journaling every single day is going to be more effective than just doing it when you feel like it. Start Simply, Don't start being worried about style and substance right now; just work on the daily habit with pen and paper (or if it's easier for you, a computer or smartphone). Don't make it hard - just get going. Begin with Today, Start right now and write about your day today. That is the easiest thing to do. What of significance happened today? How did you feel about it? What would you do differently? What would you do the same? Try Different Types of Journals, Once you develop the habit, you can start trying different types of journaling like a bullet journal, or a vision journal, or maybe even a project journal for your next project.

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Keep It Private. An important thing to remember is that your journal should be kept private. There are exceptions of course, some being if you want to share writings with a therapist, a counselor, or a coach. Keeping a journal will help you deal with the things that happen to you as well as the things that have not happened to you. The main reason is that writing it down helps you remember what you did right and what you did wrong. It helps you improve your decision-making capacity for similar situations. The main thing is just to get started journaling in any way that works for you.

How to Make Your Journaling More Effective Any type of journal that you keep can be beneficial. It doesn't matter if it's just to document your life or to work through problems – you can use a journal to do it all. From tracking your projects to documenting vacation to overcoming anxiety, a journal will work for you if you pick the right type and make journaling a ritual. Find the Right Medium for You For some people, that's pen and paper. Many experts claim that's the best way because of its simplicity. However, you have to do what works for you, and what works for you is what you will do daily. If you make it too hard, you won't do it.

Turn Journaling Daily into a Habit To be most effective, journaling has to go on for a long time. It's a long-term strategy to improve your life and not something that is going to have any effect overnight. For this reason, ritualize your journaling so that it becomes a daily habit. Set Up a Comfy Journaling Spot, Find a good space you can journal in each day, one which is relaxing and without stress. Some people like to keep their journal by their bedside so that each night when they get into bed, they can quickly write in their journals. Choose the Right Style of Journal for Your Needs, The type of journal you want to keep depends on how you plan to use it. You may want to track a project, in which case you'll need a project journal. If you want to simply document your life, you'd want a classic journal. Use Your Journal to Work Through Life and Reach Goals, Don't just write in the journal; actively seek to improve something in your life – whether it's the thoughts which drive your feelings or improving your actions so that you experience more success. Consider Using More Than Writing to Document Your Life ,You don't need to just use text. You can use images, pictures, tickets, and other memories inside your journal too. Sometimes a few pictures and mementos

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mean more than anything you can write to help you remember. Read and Reflect Occasionally, Take at least a few minutes to re-read parts of your journal. Once you've kept it for a year, it's fun to go back and read the same day from last year to find out what's different now and what's the same and why. Keep Your Journal Secure, You don't want to worry about anyone getting into your private business when you're not around, so keep it hidden. If it's on your computer, keep it password protected. If you know why you want to journal, it will be easier to figure out which type of journal you need to keep to make your journaling more effective. Sometimes you just want to document your life, while other times you want to work through something difficult. It really depends on your goals and the point of the journal.



url	https://www.thejournalingcoach.com/
image	https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg
image:width	1000
image:height	1000
image:type	image/jpeg

	Überschriften	H1	H2	H3	H4	H5	H6
		2	4	0	0	0	0
<ul style="list-style-type: none"> • [H1] Why journal? • [H1] • [H2] Categories • [H2] Archives • [H2] Pages • [H2] Recent Posts 							





	Bilder	Es konnten 1 Bilder auf dieser Webseite gefunden werden. Bei 1 Bilder(n) fehlt ein ALT-Attribut. Fügen Sie ALT-Attribute zu Ihren Bildern, um die Bedeutung der Bilder für Suchmaschinen zugänglich zu machen.
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	Text/HTML Verhältnis	Anteil : 4% Das Text zu HTML Code Verhältnis dieser Webseite ist niedriger als 15 Prozent, was bedeutet, dass Sie mehr Inhalte für Ihre Webseite schreiben sollten.
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SEO Inhalte

	Flash	Perfekt, denn es wurde kein Flash auf Ihrer Webseite gefunden.
	IFrame	Großartig, denn Sie verwenden keine IFrames auf Ihrer Webseite.

SEO Links

	URL Rewrite	Gut. Ihre Links sind für Suchmaschinen gut lesbar (sprechende Links)!
	Underscores in the URLs	Perfekt! Wir haben keine Unterstriche in Ihren Links entdeckt.
	In-page links	We found a total of 27 links including 0 link(s) to files
	Statistics	Externe Links : noFollow 0% Externe Links : natürliche Links 3.7% Interne Links 96.3%

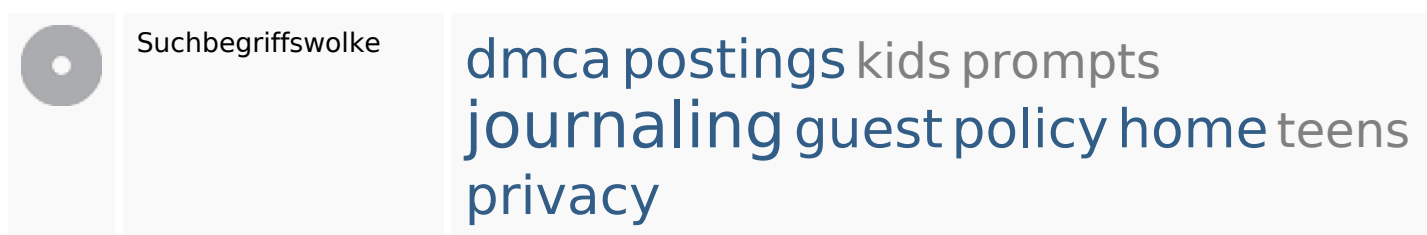
In-page links

Anker	Typ	Natürlich
Skip to content	intern	natürliche Links
-	intern	natürliche Links
Privacy Policy	intern	natürliche Links
DMCA	intern	natürliche Links
Home	intern	natürliche Links
Guest Postings	intern	natürliche Links
Contact	intern	natürliche Links
Getting Started	intern	natürliche Links
Journal Prompts	intern	natürliche Links
Journaling for kids & teens.	intern	natürliche Links

In-page links

Journaling info	intern	natürliche Links
March 2025	intern	natürliche Links
February 2025	intern	natürliche Links
April 2024	intern	natürliche Links
March 2024	intern	natürliche Links
May 2023	intern	natürliche Links
June 2020	intern	natürliche Links
About	intern	natürliche Links
Legal	intern	natürliche Links
Getting started	intern	natürliche Links
Benefits of journaling for kids &#038; teens.	intern	natürliche Links
Journaling prompts for Children	intern	natürliche Links
Types of Journals	intern	natürliche Links
Can You Rewrite Your Life for the Better?	intern	natürliche Links
Do you dread writing?	intern	natürliche Links
Journaling for Beginners	intern	natürliche Links
Optima Themes	extern	natürliche Links

SEO Suchbegriffe








Keywords Consistency

Suchbegriff	Inhalt	Seitentitel	Suchbegriffe	Seitenbeschreibung	Überschriften
journaling	5	✘	✘	✘	✘

Keywords Consistency

privacy	3	✘	✘	✘	✘
policy	3	✘	✘	✘	✘
dmca	3	✘	✘	✘	✘
home	3	✘	✘	✘	✘

Benutzerfreundlichkeit

	URL	Domain : thejournalingcoach.com Länge : 22
	Favoriten Icon	Gut. Die Webseite hat ein Favicon.
	Druckeigenschaften	Es konnten keine druckfreundlichen CSS-Angaben gefunden werden.
	Sprache	Gut, denn Sie haben in den META-Elementen eine Sprache deklariert: en.
	Dublin Core	Diese Webseite nutzt nicht die Vorteile der Dublin Core Elemente.

Dokument

	Doctype	HTML 5
	Verschlüsselung	Perfekt, denn Ihre Webseite deklariert einen Zeichensatz: UTF-8.
	W3C Validität	Fehler : 5 Warnungen : 18
	E-Mail Datenschutz	Sehr gut, denn es wurde keine E-Mail Adresse im Klartext auf Ihrer Webseite gefunden.
	Veraltetes HTML	Sehr gut! Sie verwenden aktuelle HTML Tags in Ihrem Webseitenquelltext.
	Tipps zur Webseitengeschwindigkeit	 Sehr gut, denn Ihre Webseite benutzt keine verschachtelten Tabellen.

Dokument

- ✖ Schlecht, denn es wurden CSS-Angaben in HTML-Elementen entdeckt. Diese Angaben sollten in ein entsprechendes CSS-Stylesheet verlagert werden.
- ✖ Nicht so gut, denn Ihre Webseite enthält sehr viele CSS-Dateien (mehr als 4).
- ✔ Perfekt, denn Ihre Webseite enthält nur wenig Javascript-Dateien.
- ✖ Ihre Webseite nutzt die Vorteile von gzip nicht.

Mobile



Mobile Optimierung

- ✔ Apple Icon
- ✔ META Viewport Tag
- ✔ Flash Inhalt

Optimierung



XML-Sitemap

Perfekt! Ihre Seite hat eine XML-Sitemap.

https://www.thejournalingcoach.com/sitemap_index.xml



Robots.txt

<http://thejournalingcoach.com/robots.txt>

Sehr gut! Ihre Webseite enthält eine robots.txt-Datei.



Analytics

Fehlt

Wir haben nicht ein Analyse-Tool auf dieser Website installiert zu erkennen.

Webanalyse erlaubt die Quantifizierung der Besucherinteraktionen mit Ihrer Seite. Insofern sollte zumindest ein Analysetool installiert werden. Um die Befunde abzusichern, empfiehlt sich das parallele Verwenden eines zweiten Tools.