







# Website review thejournalingcoach.com

Generated on February 17 2026 23:28 PM

The score is 47/100



## SEO Content

|    | <p>Title</p>              | <p>Why journal? -<br/>Length : 14<br/>Perfect, your title contains between 10 and 70 characters.</p>   |          |         |        |       |      |         |       |                |
|---|---------------------------|--|----------|---------|--------|-------|------|---------|-------|----------------|
|    | <p>Description</p>        | <p>Length : 0<br/>Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.</p>  |          |         |        |       |      |         |       |                |
|  | <p>Keywords</p>           | <p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>   |          |         |        |       |      |         |       |                |
|  | <p>Og Meta Properties</p> | <p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1245 1481 1547"> <thead> <tr> <th>Property</th> <th>Content</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> | Property | Content | locale | en_US | type | website | title | Why journal? - |
| Property  | Content                   |  |          |         |        |       |      |         |       |                |
| locale  | en_US                     |  |          |         |        |       |      |         |       |                |
| type  | website                   |  |          |         |        |       |      |         |       |                |
| title   | Why journal? -            |  |          |         |        |       |      |         |       |                |

## SEO Content

### 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.

## SEO Content


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





## SEO Content

|  |   |  |     |   |       |   |             |      |              |      |            |            |   |   |
|--|---|--|-----|---|-------|---|-------------|------|--------------|------|------------|------------|---|---|
|  |   | <p>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.</p> <p>&amp;nbsp;</p> |     |   |       |   |             |      |              |      |            |            |   |   |
|  |   | <table border="0"> <tr> <td>url</td> <td><a href="https://www.thejournalingcoach.com/">https://www.thejournalingcoach.com/</a></td> </tr> <tr> <td>image</td> <td><a href="https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg">https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg</a></td> </tr> <tr> <td>image:width</td> <td>1000</td> </tr> <tr> <td>image:height</td> <td>1000</td> </tr> <tr> <td>image:type</td> <td>image/jpeg</td> </tr> </table>  | url | <a href="https://www.thejournalingcoach.com/">https://www.thejournalingcoach.com/</a> | image | <a href="https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg">https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg</a> | image:width | 1000 | image:height | 1000 | image:type | image/jpeg |   |   |
| url  | <a href="https://www.thejournalingcoach.com/">https://www.thejournalingcoach.com/</a>   |  |     |   |       |   |             |      |              |      |            |            |   |   |
| image  | <a href="https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg">https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg</a> |  |     |   |       |   |             |      |              |      |            |            |   |   |
| image:width  | 1000  |  |     |   |       |   |             |      |              |      |            |            |   |   |
| image:height   | 1000  |  |     |   |       |   |             |      |              |      |            |            |   |   |
| image:type   | image/jpeg  |  |     |   |       |   |             |      |              |      |            |            |   |   |
|  | Headings  | <table border="0"> <tr> <td>H1</td> <td>H2</td> <td>H3</td> <td>H4</td> <td>H5</td> <td>H6</td> </tr> <tr> <td>2</td> <td>4</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </table> <ul style="list-style-type: none"> <li>• [H1] Why journal?</li> <li>• [H1]</li> <li>• [H2] Categories</li> <li>• [H2] Archives</li> <li>• [H2] Pages</li> <li>• [H2] Recent Posts</li> </ul>   | H1  | H2  | H3    | H4  | H5          | H6   | 2            | 4    | 0          | 0          | 0 | 0 |
| H1   | H2  | H3   | H4  | H5  | H6    |   |             |      |              |      |            |            |   |   |
| 2  | 4   | 0  | 0   | 0   | 0     |   |             |      |              |      |            |            |   |   |
|  | Images  | <p>We found 1 images on this web page.</p> <p>1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>   |     |   |       |   |             |      |              |      |            |            |   |   |
|  | Text/HTML Ratio   | <p>Ratio : 4%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>  |     |   |       |   |             |      |              |      |            |            |   |   |
|  | Flash   | <p>Perfect, no Flash content has been detected on this page.</p>   |     |   |       |   |             |      |              |      |            |            |   |   |

## SEO Content

|  |        |  |
|--|--------|--|
|  | Iframe | Great, there are no Iframes detected on this page. |
|--|--------|--|

## SEO Links

|  |                         |   |
|--|-------------------------|---|
|  | URL Rewrite             | Good. Your links looks friendly!  |
|  | Underscores in the URLs | Perfect! No underscores detected in your URLs.  |
|  | In-page links           | We found a total of 27 links including 0 link(s) to files                                   |
|  | Statistics              | External Links : noFollow 0%<br>External Links : Passing Juice 3.7%<br>Internal Links 96.3% |

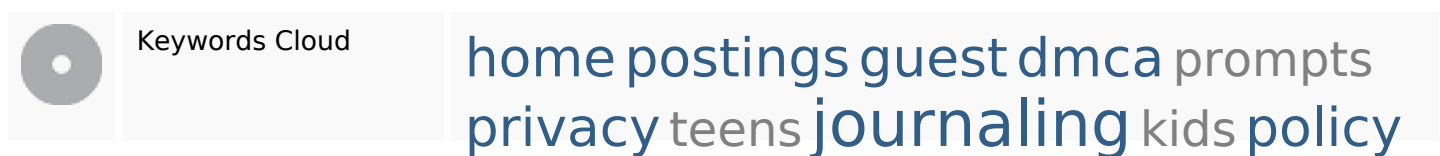
## In-page links

| Anchor   | Type     | Juice         |
|--|----------|---------------|
| <a href="#">Skip to content</a>                  | Internal | Passing Juice |
| =  | Internal | Passing Juice |
| <a href="#">Privacy Policy</a>                   | Internal | Passing Juice |
| <a href="#">DMCA</a>                             | Internal | Passing Juice |
| <a href="#">Home</a>                             | Internal | Passing Juice |
| <a href="#">Guest Postings</a>                   | Internal | Passing Juice |
| <a href="#">Contact</a>                          | Internal | Passing Juice |
| <a href="#">Getting Started</a>                  | Internal | Passing Juice |
| <a href="#">Journal Prompts</a>                  | Internal | Passing Juice |
| <a href="#">Journaling for kids &amp; teens.</a> | Internal | Passing Juice |
| <a href="#">Journaling info</a>                  | Internal | Passing Juice |
|  |          |               |

## In-page links

|   |          |               |
|---|----------|---------------|
| <a href="#">March 2025</a>  | Internal | Passing Juice |
| <a href="#">February 2025</a>                                     | Internal | Passing Juice |
| <a href="#">April 2024</a>  | Internal | Passing Juice |
| <a href="#">March 2024</a>  | Internal | Passing Juice |
| <a href="#">May 2023</a>  | Internal | Passing Juice |
| <a href="#">June 2020</a>   | Internal | Passing Juice |
| <a href="#">About</a>   | Internal | Passing Juice |
| <a href="#">Legal</a>   | Internal | Passing Juice |
| <a href="#">Getting started</a>                                   | Internal | Passing Juice |
| <a href="#">Benefits of journaling for kids &amp;#038; teens.</a> | Internal | Passing Juice |
| <a href="#">Journaling prompts for Children</a>                   | Internal | Passing Juice |
| <a href="#">Types of Journals</a>                                 | Internal | Passing Juice |
| <a href="#">Can You Rewrite Your Life for the Better?</a>         | Internal | Passing Juice |
| <a href="#">Do you dread writing?</a>                             | Internal | Passing Juice |
| <a href="#">Journaling for Beginners</a>                          | Internal | Passing Juice |
| <a href="#">Optima Themes</a>                                     | External | Passing Juice |

## SEO Keywords








## Keywords Consistency



| Keyword    | Content | Title | Keywords | Description | Headings |
|------------|---------|-------|----------|-------------|----------|
| journaling | 5       | ✘     | ✘        | ✘           | ✘        |
| privacy    | 3       | ✘     | ✘        | ✘           | ✘        |
| policy     | 3       | ✘     | ✘        | ✘           | ✘        |
| dmca       | 3       | ✘     | ✘        | ✘           | ✘        |
| home       | 3       | ✘     | ✘        | ✘           | ✘        |

# Keywords Consistency


## Usability

|  |              |   |
|--|--------------|---|
|  | Url          | Domain : thejournalingcoach.com<br>Length : 22    |
|  | Favicon      | Great, your website has a favicon.                |
|  | Printability | We could not find a Print-Friendly CSS.           |
|  | Language     | Good. Your declared language is en.               |
|  | Dublin Core  | This page does not take advantage of Dublin Core. |




## Document

|  |                 |   |
|--|-----------------|---|
|  | Doctype         | HTML 5  |
|  | Encoding        | Perfect. Your declared charset is UTF-8.  |
|  | W3C Validity    | Errors : 5<br>Warnings : 18   |
|  | Email Privacy   | Great no email address has been found in plain text!  |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML.  |
|  | Speed Tips      | <ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Perfect, your website has few JavaScript files.</li><li> Too bad, your website does not take advantage of gzip.</li></ul> |

## Mobile

|  |                     |  |
|--|---------------------|--|
|  | Mobile Optimization | <ul style="list-style-type: none"><li>✓ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul> |
|--|---------------------|--|

## Optimization

|  |             |  |
|--|-------------|--|
|    | XML Sitemap | Great, your website has an XML sitemap.<br><a href="https://www.thejournalingcoach.com/sitemap_index.xml">https://www.thejournalingcoach.com/sitemap_index.xml</a>   |
|    | Robots.txt  | <a href="http://thejournalingcoach.com/robots.txt">http://thejournalingcoach.com/robots.txt</a><br>Great, your website has a robots.txt file.  |
|  | Analytics   | Missing<br>We didn't detect an analytics tool installed on this website.<br>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data. |