






Revisión web de thejournalingcoach.com

Generado el 17 Febrero 2026 23:28 PM

La puntuación es 47/100



Contenido SEO

	<p>Título</p>	<p>Why journal? -</p> <p>Longitud : 14</p> <p>Perfecto, tu título contiene entre 10 y 70 caracteres.</p>								
	<p>Descripción</p>	<p>Longitud : 0</p> <p>Muy mal. No hemos encontrado descripción meta en tu página. Usa este generador online gratuito para crear la descripción.</p>								
	<p>Palabras Claves (Keywords)</p>	<p>Muy mal. No hemos encontrado palabras clave (meta keywords) en tu página. Usa este generador de meta tags gratuito para crear tus palabras clave.</p>								
	<p>Propiedades Meta Og</p>	<p>Bien. Tu página usa propiedades Og (etiquetas og).</p> <table border="1" data-bbox="542 1276 1481 1590"> <thead> <tr> <th>Propiedad</th> <th>Contenido</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>	Propiedad	Contenido	locale	en_US	type	website	title	Why journal? -
Propiedad	Contenido									
locale	en_US									
type	website									
title	Why journal? -									

Contenido SEO

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.

Contenido SEO


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





Contenido SEO

		<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>&nbsp;</p>												
		<p>url https://www.thejournalingcoach.com/</p> <p>image https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg</p> <p>image:width 1000</p> <p>image:height 1000</p> <p>image:type image/jpeg</p>												
	Titulos	<table border="1"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>2</td> <td>4</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] Why journal? • [H1] • [H2] Categories • [H2] Archives • [H2] Pages • [H2] Recent Posts 	H1	H2	H3	H4	H5	H6	2	4	0	0	0	0
H1	H2	H3	H4	H5	H6									
2	4	0	0	0	0									
	Imágenes	<p>Hemos encontrado 1 imágenes en esta web.</p> <p>1 atributos alt están vacíos o no existen. Agrega texto alternativo para que los motores de búsqueda puedan entender las imágenes.</p>												
	Ratio Texto/HTML	<p>Ratio : 4%</p> <p>El ratio entre texto y código HTML de esta página es menor que el 15 por ciento, esto significa que tu web posiblemente necesite más contenido en texto.</p>												
	Flash	<p>Perfecto, no se ha detectado contenido Flash en la página.</p>												

Contenido SEO

	Iframe	Genial, no se han detectado Iframes en la página.
--	--------	---

Enlaces SEO

	Reescritura URL	Bien. Tus enlaces parecen amigables
	Guiones bajos en las URLs	Perfecto! No hemos detectado guiones bajos en tus URLs
	Enlaces en página	Hemos encontrado un total de 27 enlaces incluyendo 0 enlace(s) a ficheros
	Statistics	Enlaces Externos : noFollow 0% Enlaces Externos : Pasando Jugo 3.7% Enlaces Internos 96.3%

Enlaces en página

Ancla	Tipo	Jugo
Skip to content	Interna	Pasando Jugo
=	Interna	Pasando Jugo
Privacy Policy	Interna	Pasando Jugo
DMCA	Interna	Pasando Jugo
Home	Interna	Pasando Jugo
Guest Postings	Interna	Pasando Jugo
Contact	Interna	Pasando Jugo
Getting Started	Interna	Pasando Jugo
Journal Prompts	Interna	Pasando Jugo
Journaling for kids & teens.	Interna	Pasando Jugo
Journaling info	Interna	Pasando Jugo
March 2025	Interna	Pasando Jugo

Enlaces en página

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

Palabras Clave SEO








Consistencia de las Palabras Clave

Palabra Clave (Keyword)	Contenido	Título	Palabras Claves (Keywords)	Descripción	Titulos
journaling	5	✘	✘	✘	✘
privacy	3	✘	✘	✘	✘
policy	3	✘	✘	✘	✘










Consistencia de las Palabras Clave

dmca	3	*	*	*	*
home	3	*	*	*	*

Usabilidad

	Url	Dominio : thejournalingcoach.com Longitud : 22
	Favicon	Genial, tu web tiene un favicon.
	Imprimibilidad	No hemos encontrado una hoja de estilos CSS para impresión.
	Idioma	Genial. Has declarado el idioma en.
	Dublin Core	Esta página no usa Dublin Core.

Documento

	Tipo de documento (Doctype)	HTML 5
	Codificación	Perfecto. Has declarado como codificación UTF-8.
	Validez W3C	Errores : 5 Avisos : 18
	Privacidad de los Emails	Genial. No hay ninguna dirección de email como texto plano!
	HTML obsoleto	Genial, no hemos detectado ninguna etiqueta HTML obsoleta.
	Consejos de Velocidad	<ul style="list-style-type: none"> Excelente, esta web no usa tablas. Muy mal, tu web está usando estilos embenidos (inline CSS). Muy mal, tu página web usa demasiados ficheros CSS (más de 4).

Documento

- ✓ Perfecto, tu web usa pocos ficheros JavaScript.
- ✗ Su sitio web no se beneficia de gzip. Intente implementarlo en su sitio web.

Movil



Optimización Móvil

- ✓ Icono para Apple
- ✓ Etiqueta Meta Viewport
- ✓ Contenido Flash

Optimización



Mapa del sitio XML

¡Perfecto! Su sitio tiene un mapa del sitio en XML.

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



Robots.txt

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

¡Estupendo! Su sitio web tiene un archivo robots.txt.



Herramientas de Análítica

No disponible

No hemos encontrado ninguna herramienta de analítica en esta web.

La analítica Web le permite medir la actividad de los visitantes de su sitio web. Debería tener instalada al menos una herramienta de analítica y se recomienda instalar otra más para obtener una confirmación de los resultados.