







Evaluation du site thejournalingcoach.com

Généré le 17 Février 2026 23:28

Le score est de 47/100



Optimisation du contenu

	Titre	<p>Why journal? -</p> <p>Longueur : 14</p> <p>Parfait, votre titre contient entre 10 et 70 caractères.</p>								
	Description	<p>Longueur : 0</p> <p>Très mauvais. Nous n'avons pas trouvé de balise META description sur votre page. Utilisez ce générateur gratuit de balises META en ligne pour créer une description.</p>								
	Mots-clefs	<p>Très mauvais. Nous n'avons pas trouvé de balise META keywords sur votre page. Utilisez ce générateur gratuit de balises META en ligne pour créer des mots-clés.</p>								
	Propriétés Open Graph	<p>Bien, cette page profite des balises META Open Graph.</p> <table border="1" data-bbox="544 1312 1481 1630"> <thead> <tr> <th>Propriété</th> <th>Contenu</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>	Propriété	Contenu	locale	en_US	type	website	title	Why journal? -
Propriété	Contenu									
locale	en_US									
type	website									
title	Why journal? -									

Optimisation du contenu

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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		<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>												
		<table border="0"> <tr> <td>url</td> <td>https://www.thejournalingcoach.com/</td> </tr> <tr> <td>image</td> <td>https://www.thejournalingcoach.com/wp-content/uploads/2025/03/8.jpg</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	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		
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	Niveaux de titre	<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"> • [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									
	Images	<p>Nous avons trouvé 1 image(s) sur cette page Web.</p> <p>1 attribut(s) alt sont vides ou manquants. Ajouter un texte alternatif permet aux moteurs de recherche de mieux comprendre le contenu de vos images.</p>												
	Ratio texte/HTML	<p>Ratio : 4%</p> <p>le ratio de cette page texte/HTML est au-dessous de 15 pour cent, ce qui signifie que votre site manque de contenu textuel.</p>												
	Flash	Parfait, aucun contenu FLASH n'a été détecté sur cette page.												

Optimisation du contenu

	Iframe	Génial, il n'y a pas d'Iframes détectés sur cette page.
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Liens

	Réécriture d'URLs	Bien. Vos liens sont optimisés!
	Tiret bas dans les URLs	Parfait! Aucuns soulignements détectés dans vos URLs.
	Liens dans la page	Nous avons trouvé un total de 27 lien(s) dont 0 lien(s) vers des fichiers
	Statistics	Liens externes : noFollow 0% Liens externes : Passing Juice 3.7% Liens internes 96.3%

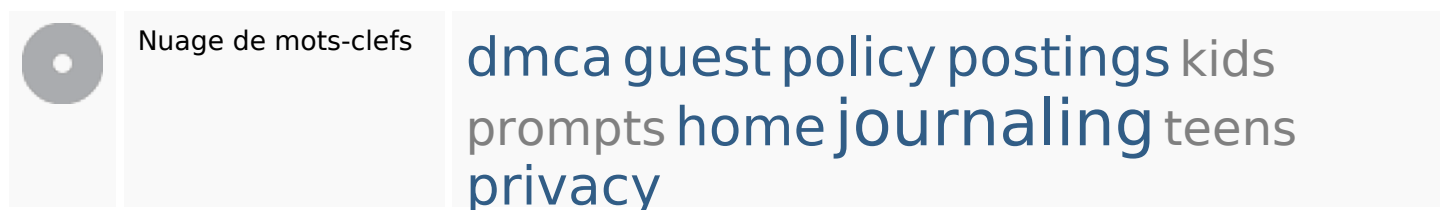
Liens dans la page

Texte d'ancre	Type	Juice
Skip to content	Interne	Passing Juice
=	Interne	Passing Juice
Privacy Policy	Interne	Passing Juice
DMCA	Interne	Passing Juice
Home	Interne	Passing Juice
Guest Postings	Interne	Passing Juice
Contact	Interne	Passing Juice
Getting Started	Interne	Passing Juice
Journal Prompts	Interne	Passing Juice
Journaling for kids & teens.	Interne	Passing Juice
Journaling info	Interne	Passing Juice
March 2025	Interne	Passing Juice

Liens dans la page

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

Mots-clefs



Cohérence des mots-clefs

Mot-clef	Contenu	Titre	Mots-clefs	Description	Niveaux de titre
journaling	5	✘	✘	✘	✘
privacy	3	✘	✘	✘	✘
policy	3	✘	✘	✘	✘
dmca	3	✘	✘	✘	✘

Cohérence des mots-clefs

home

3



Ergonomie

	Url	Domaine : thejournalingcoach.com Longueur : 22
	Favicon	Génial, votre site web dispose d'un favicon.
	Imprimabilité	Aucun style CSS pour optimiser l'impression n'a pu être trouvé.
	Langue	Bien. Votre langue est : en.
	Dublin Core	Cette page ne profite pas des métadonnées Dublin Core.

Document

	Doctype	HTML 5
	Encodage	Parfait. Votre charset est UTF-8.
	Validité W3C	Erreurs : 5 Avertissements : 18
	E-mail confidentialité	Génial, aucune adresse e-mail n'a été trouvé sous forme de texte!
	HTML obsolètes	Génial! Nous n'avons pas trouvé de balises HTML obsolètes dans votre code.
	Astuces vitesse	<ul style="list-style-type: none"> Excellent, votre site n'utilise pas de tableaux imbriqués. Mauvais, votre site web utilise des styles css inline. Mauvais, votre site web contient trop de fichiers CSS (plus de 4). Parfait, votre site web contient peu de fichiers javascript.

Document

✖ Dommage, votre site n'est pas optimisé avec gzip.

Mobile



Optimisation mobile

- ✓ Icône Apple
- ✓ Méta tags viewport
- ✓ Contenu FLASH

Optimisation



Sitemap XML

Votre site web dispose d'une sitemap XML, ce qui est optimal.

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



Robots.txt

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

Votre site dispose d'un fichier robots.txt, ce qui est optimal.



Mesures d'audience

Manquant

Nous n'avons trouvé aucun outil d'analytics sur ce site.

Un outil de mesure d'audience vous permet d'analyser l'activité des visiteurs sur votre site. Vous devriez installer au moins un outil Analytics. Il est souvent utile d'en rajouter un second, afin de confirmer les résultats du premier.