







# Website beoordeling thejournalingcoach.com

Gegeneerd op Februari 17 2026 23:28 PM

De score is 47/100



## SEO Content

	<p>Title</p>	<p>Why journal? - Lengte : 14 Perfect, uw title tag bevat tussen de 10 en 70 karakters.</p>								
	<p>Description</p>	<p>Lengte : 0 Erg slecht. we hebben geen meta description gevonden in uw website. Gebruik <a href="#">deze gratis online meta tags generator</a> om een beschrijving te genereren.</p>								
	<p>Keywords</p>	<p>Erg slecht. We hebben geen meta keywords gevonden in uw website. Gebruik <a href="#">deze gratis online meta tags generator</a> om keywords te genereren.</p>								
	<p>Og Meta Properties</p>	<p>Goed, uw page maakt gebruik van Og Properties.</p> <table border="1" data-bbox="544 1312 1481 1615"> <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		
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H1	H2	H3	H4	H5	H6									
2	4	0	0	0	0									
	Afbeeldingen	<p>We vonden 1 afbeeldingen in de pagina.</p> <p>1 alt attributen ontbreken. Voeg alternatieve text toe zodat zoekmachines beter kunnen beoordelen wat het onderwerp van de afbeeldingen is.</p>												
	Text/HTML Ratio	<p>Ratio : 4%</p> <p>De ratio van text tot HTML code is below 15 procent, dit betekent dat uw pagina waarschijnlijk meer tekst nodig heeft.</p>												
	Flash	Perfect, geen Flash content gevonden in uw website.												

## SEO Content

	Iframe	Perfect, er zijn geen Iframes in uw website aangetroffen.
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## SEO Links

	Herschreven URL	Perfect. Uw links zien er vriendelijk uit!
	Underscores in de URLs	Perfect! Geen underscores gevonden in uw URLs.
	In-page links	We vonden een totaal van 27 links inclusie 0 link(s) naar bestanden
	Statistics	Externe Links : noFollow 0% Externe Links : doFollow 3.7% Interne Links 96.3%

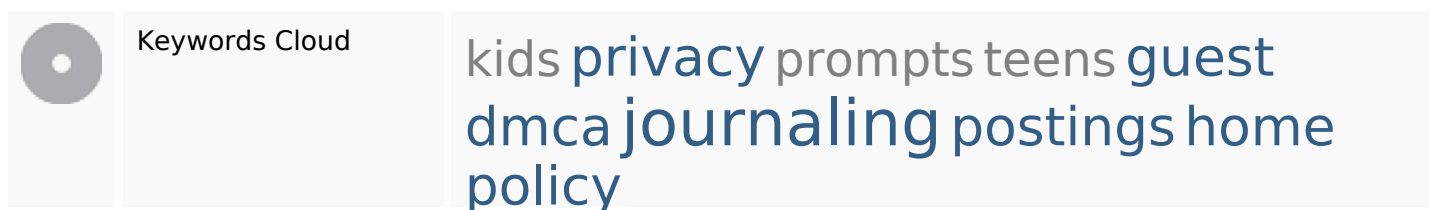
## In-page links

Ankertekst	Type	samenstelling
<a href="#">Skip to content</a>	Intern	doFollow
=	Intern	doFollow
<a href="#">Privacy Policy</a>	Intern	doFollow
<a href="#">DMCA</a>	Intern	doFollow
<a href="#">Home</a>	Intern	doFollow
<a href="#">Guest Postings</a>	Intern	doFollow
<a href="#">Contact</a>	Intern	doFollow
<a href="#">Getting Started</a>	Intern	doFollow
<a href="#">Journal Prompts</a>	Intern	doFollow
<a href="#">Journaling for kids &amp; teens.</a>	Intern	doFollow
<a href="#">Journaling info</a>	Intern	doFollow
<a href="#">March 2025</a>	Intern	doFollow

## In-page links

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

## SEO Keywords



## Keywords Consistentie

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

# Keywords Consistentie

home

3



## Bruikbaarheid

	Url	Domein : thejournalingcoach.com Lengte : 22
	Favicon	Goed, uw website heeft een favicon.
	Printbaarheid	Jammer. We vonden geen Print-Vriendelijke CSS.
	Taal	Goed. Uw ingestelde taal is en.
	Dublin Core	Deze pagina maakt geen gebruik van Dublin Core.

## Document

	Doctype	HTML 5
	Encoding	Perfect. Uw ingestelde Charset is UTF-8.
	W3C Validiteit	Fouten : 5 Waarschuwingen : 18
	E-mail Privacy	Geweldig er is geen e-mail adres gevonden als platte tekst!
	Niet ondersteunde HTML	Geweldig! We hebben geen niet meer ondersteunde HTML tags gevonden in uw HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Geweldig, uw website heeft geen tabellen in een tabel.</li><li> Jammer, uw website maakt gebruik van inline styles.</li><li> Jammer, uw website heeft teveel CSS bestanden (meer dan 4).</li><li> Perfect, uw website heeft een correct aantal JavaScript bestanden.</li></ul>

## Document

✖ Jammer, uw website haalt geen voordeel uit gzip.

## Mobile



### Mobile Optimization

- ✔ Apple Icon
- ✔ Meta Viewport Tag
- ✔ Flash content

## Optimalisatie



### XML Sitemap

Geweldig, uw website heeft een XML sitemap.

[https://www.thejournalingcoach.com/sitemap\\_index.xml](https://www.thejournalingcoach.com/sitemap_index.xml)



### Robots.txt

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

Geweldig uw website heeft een robots.txt bestand.



### Analytics

Ontbrekend

We hadden niet op te sporen van een analytics tool op deze website geplaatst.

Web Analytics laat u toe de bezoekersactiviteit op uw website te meten. U zou minstens 1 Analytics tool geïnstalleerd moeten hebben en een extra tool voor de bevestiging van de resultaten.