







Avaliação do site thejournalingcoach.com

Gerado a 17 de Fevereiro de 2026 23:28 PM

O resultado é de 47/100



Conteúdo SEO

	<p>Título</p>	<p>Why journal? - Cumprimento : 14 Perfeito, o Título contém entre 10 e 70 caracteres.</p>								
	<p>Descrição</p>	<p>Cumprimento : 0 Mau. Não encontramos nenhuma Descrição META na sua página.</p>								
	<p>Palavras-chave</p>	<p>Mau. Não detetámos palavras-chave META na sua página.</p>								
	<p>Propriedades Og Meta</p>	<p>Boa! Esta página tira vantagens das propriedades Og.</p> <table border="1" data-bbox="544 1200 1481 1503"> <thead> <tr> <th>Propriedade</th> <th>Conteúdo</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>	Propriedade	Conteúdo	locale	en_US	type	website	title	Why journal? -
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Conteúdo 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.

Conteúdo 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





Conteúdo 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> <table><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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	Cabeçalhos	<table><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									
	Imagens	<p>Encontrámos 1 imagens nesta página.</p> <p>1 atributos ALT estão vazios ou em falta. É recomendado adicionar texto alternativo de modo a que os motores de busca identifiquem melhor o conteúdo das suas imagens.</p>												
	Rácio Texto/HTML	<p>Rácio : 4%</p> <p>O rácio de texto para código HTML desta página é menor que 15 por cento, o que significa que provavelmente é necessário de adicionar mais conteúdos em forma de texto.</p>												

Conteúdo SEO

	Flash	Perfeito, não foi encontrado conteúdo Flash nesta página.
	Iframe	Excelente, não foram detetadas Iframes nesta página.

Ligações SEO

	Reescrita de URL	Perfeito. As ligações aparentam ser limpas!
	Underscores (traços inferiores) nas URLs	Perfeito. Não foram encontrados 'underscores' (traços inferiores) nas suas URLs.
	Ligações para a própria página	Encontrámos um total de 27 ligações incluindo 0 ligações a ficheiros
	Statistics	Ligações externas : noFollow 0% Ligações externas : Passa sumo 3.7% Ligações internas 96.3%


Ligações para a própria página

Âncoras	Tipo	Sumo
Skip to content	Internas	Passa sumo
-	Internas	Passa sumo
Privacy Policy	Internas	Passa sumo
DMCA	Internas	Passa sumo
Home	Internas	Passa sumo
Guest Postings	Internas	Passa sumo
Contact	Internas	Passa sumo
Getting Started	Internas	Passa sumo
Journal Prompts	Internas	Passa sumo
Journaling for kids & teens.	Internas	Passa sumo

Ligações para a própria página

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

Palavras-chave SEO

	Núvem de palavras-chave	home privacy kids teens prompts policy dmca journaling guest postings
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Consistência das Palavras-chave

Palavra-chave	Conteúdo	Título	Palavras-chave	Descrição	Cabeçalhos
journaling	5	✘	✘	✘	✘
privacy	3	✘	✘	✘	✘










Consistência das Palavras-chave

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

Usabilidade

	Url	Domínio : thejournalingcoach.com Cumprimento : 22
	Favicon	Ótimo, o site tem um favicon.
	Facilidade de Impressão	Não encontramos CSS apropriado para impressão.
	Língua	Otimo! A língua declarada deste site é en.
	Dublin Core	Esta página não tira vantagens do Dublin Core.

Documento

	Tipo de Documento	HTML 5
	Codificação	Perfeito. O conjunto de caracteres UTF-8 está declarado.
	Validação W3C	Erros : 5 Avisos : 18
	Privacidade do Email	Boa! Nenhum endereço de email está declarado sob a forma de texto!
	HTML obsoleto	Fantástico! Não detetámos etiquetas HTML obsoletas.
	Dicas de Velocidade	<ul style="list-style-type: none"> Excelente, este site não usa tabelas dentro de tabelas. Oh não, o site usa estilos CSS nas etiquetas HTML. Oh, não! O site utiliza demasiados ficheiros CSS (mais que 4).

Documento

- ✓ Perfeito, o site usa poucos ficheiros JavaScript.
- ✗ Atenção, o site não tira vantagem da compressão gzip.

Dispositivos Móveis



Otimização para dispositivos móveis

- ✓ Icon Apple
- ✓ Meta Viewport Tag
- ✓ Conteúdo Flash

Otimização



XML Sitemap

Perfeito, o site tem um mapa XML do site (sitemap).

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



Robots.txt

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

Perfeito, o seu site tem um ficheiro robots.txt.



Analytics

Em falta

Não detetámos nenhuma ferramenta analítica de análise de atividade.

Este tipo de ferramentas (como por exemplo o Google Analytics) permite perceber o comportamento dos visitantes e o tipo de atividade que fazem. No mínimo, uma ferramenta deve estar instalada, sendo que em algumas situações mais do que uma pode ser útil.