

JOURNALING FOR BEGINNERS:



Exp



esolve

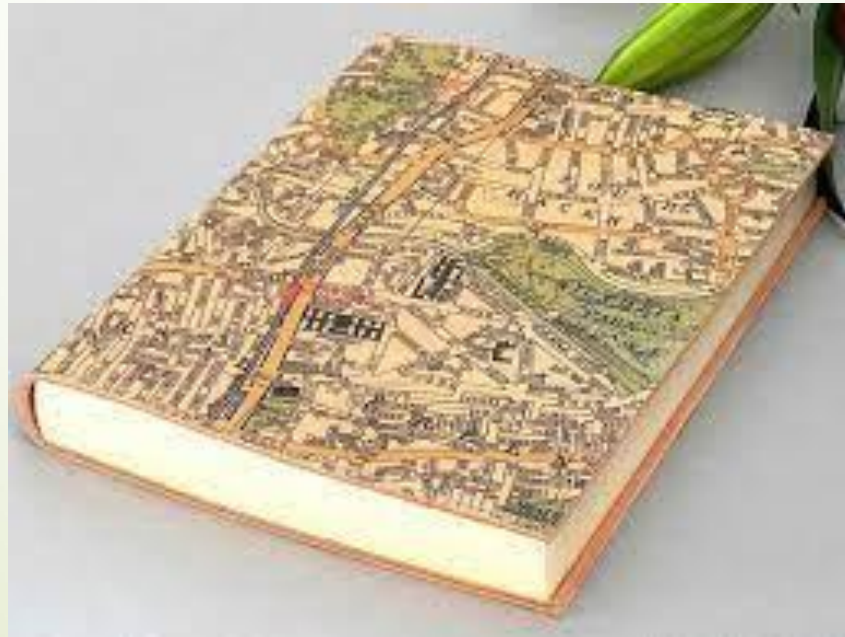
Explore Connect Resolve

- Identify the benefits of Journaling
- Tools, aids and resources
- Journaling through chaos, crisis & change
- Pandemic journaling
- Journaling is good for your health – boosts immune system!



Explore

- ▶ Journaling allows you to explore your mind, ideas, beliefs, feelings, etc.
- ▶ There are many types of journaling, and each is a different expression of your personal ideas.
- ▶ Choose the method of journaling that will best facilitate your exploration



Explore:

Art Journals

- Art Journals allow the creator to express ideas through pictures. Many mediums can be used:

Photography

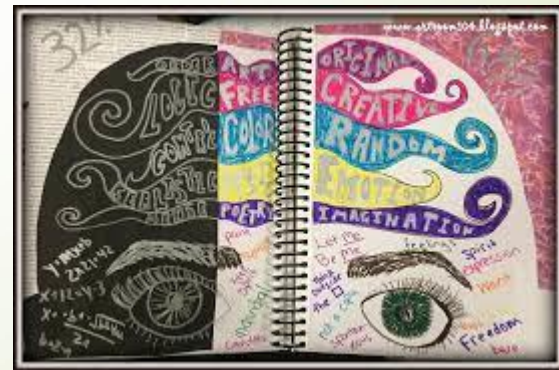
Painting

Drawing

- Each medium can be depicted in abstract or concrete form at the creator's discretion.

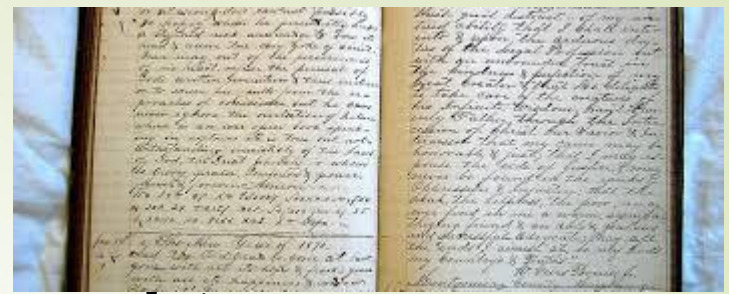


Explore: Art Journals





Explore: Hand Written Journals



- ▶ Hand written journals allow the author to express themselves through words.
- ▶ There are many ways to get started for those who don't know what to write about.

Calendar of subjects

Document your day and how you feel about it

Start with, "If I had....I would...."

Look out the window and write what you see

Start with a different song lyric each day

Types of Handwritten Journals

- ▶ Time Capsule – record of events
- ▶ Specific Topic – examples, exercise, children, career
- ▶ Dreams – written in every morning when you wake up
- ▶ Travel Journal – your vacations
- ▶ Reading Journal – inventory of books you have read, review, etc.
- ▶ Specific Time Frame – like a wedding, pregnancy, home building
- ▶ Gratitude Journal – what are you grateful for?
- ▶ Group or Family Journal – pass it between family members or friends
- ▶ Personal Development – self improvement exercises
- ▶ Project Journal – something you build or create (sewing project)
- ▶ Gardening/Nature Journal – plants, wildlife, etc.
- ▶ Meditation – capture all the thoughts you have at the end of the day
- ▶ Planning – in the morning to capture everything you want to do that day
- ▶ Creativity – collection of ideas, observations, magazine clippings, stories
- ▶ Quick Journal – one sentence a day or adjective journal
- ▶ Bullet Journal – for organization



Connect



- Journaling allows you to connect with your inner-self, your ideas, and your life.
- What ever method of journaling you choose, placing the ideas on paper will allow you to connect with what you can physically see.

Connect



- What ever method of journaling you choose, it will allow for a free flow of thoughts.
- In the art journal, there is not right or wrong; one day abstract may provide the best expression and the next concrete.

Connect



- Hand written journals do not require spell check or editing.
- What ever method you choose should be completely candid and raw
- This will allow a complete connection with your thoughts, ideas, and self.

Resolve



- Journaling helps you to resolve things.
- Journaling allows you to get all thoughts, negative and positive, out of your head.
- When you have explored your ideas and connected with them, you will find resolution.
- Resolution may be in the form of new ideas, organization, or epiphany.

Resolve



- Resolution may come from examining your life's journey.
- Resolution may be as simple as an inner peace found when your ideas lay before you and are no longer bottled up inside.
- Used by therapists to treat anxiety, stress, depression, etc.

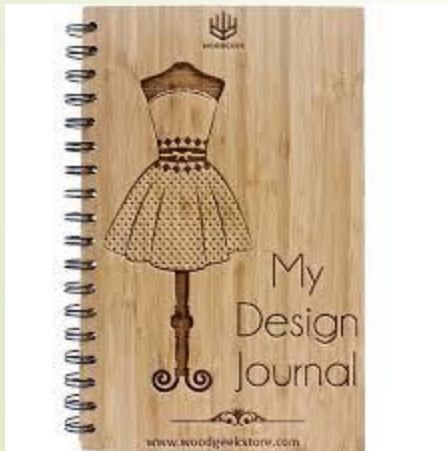
Tips and Techniques



- Use a real journal (not a blog).
- Blogging journals for certain journeys, ie: Cancer journals online (Caringbridge)
- Journal first thing in the morning or right before bed.
- Make time for journaling-make it a priority. Schedule it if you have to.
- Find journal prompts
- Free write (stream of consciousness) if you get stuck.

Tips and Techniques cont.

- Ask yourself questions
- Don't limit yourself to just writing (Draw, paint, doodle, create lists, collect quotes, press flowers)
- Take your journal with you (on a train, on vacation, to a park, coffee shop)



- Write for you.
- Enjoy it!

Explore, Connect, Resolve

- Journaling is a process that can benefit even the novice in many ways.
- It is an inexpensive, time-effective form of self-care that takes little practice, but produces great results.



Drains Brain of Mindless Clutter

- ▶ Getting words down on paper can help clear your head of thoughts and ideas that are creating a mental swirl of confusion.
- ▶ **Julia Cameron, the author of *The Artist's Way, A Spiritual Path to Higher Creativity***, suggests a writing exercise she calls "The Morning Papers." Take three sheets of paper each day and with a pen or pencil just start writing. This process is intended to allow a "stream-of-consciousness." It doesn't matter what words or phrases you write down. It doesn't matter if your sentence structure or grammar is poor. Never mind misspellings. It doesn't matter. The Morning Papers, unlike journals, are not for keeping... they are not to be read at all. After you've finished the writing exercise feed your papers directly into the paper shredder or toss them inside the recycle bin. The purpose of doing this exercise is to clear your brain of mindless clutter and discharge any emotional baggage connected to useless or negative thoughts, or in Julia's words, it is a "brain-drain" activity.
- ▶ In her creativity workshops, Julia teaches how we block our creative selves by not releasing our anger, our worries, our criticisms, etc. Things that block our creative juices flowing to the surface need an outlet. Writing can be used as a venting tool to rid yourself of negative thinking.

Quotes & Thoughts on Journaling

- ▶ "The personal journal is a very private document," says Brian Alleyne, "a place where the author records and reflects on life's events. Knowledge of the self in the personal journal is retrospective knowledge and therefore potentially narrative self-knowledge (*Narrative Networks*, 2015).



Nathaniel Hawthorne's advice on journaling

- ▶ "Think nothing too trifling to write down, so it be in the smallest degree characteristic. You will be surprised to find on reperusing your **journal** what an importance and graphic power these little particulars assume." (Nathaniel Hawthorne, letter to Horatio Bridge, May 3, 1843)



George Orwell's journal entry



- "Curious effect, here in the sanatorium, on Easter Sunday, when people in this (the most expensive) block of 'chalets' mostly have visitors, of hearing large numbers of upper-class English voices. . . . And what voices! A sort of over-fedness, a fatuous self-confidence, a constant bah-bahing of laughter about nothing, above all a sort of heaviness and richness combined with a fundamental ill will." (George Orwell, notebook entry for April 17, 1949, *Collected Essays 1945-1950*)

Thoreau's journal entries

- "As repositories of facts, Thoreau's **journals** act like a writer's warehouse in which he indexes his stored observations. Here is a typical list:
- It occurs to me that these phenomena occur simultaneously, say June 12
- Heat about 85 at 2P.M. True summer.
- Hylodes cease to peep.
- Purring frogs (*Rana palustris*) cease.
- Lightning bugs first seen.
- Bullfrogs trump *generally*.
- Mosquitoes begin to be really troublesome.
- Afternoon thunder-showers almost regular.
- Sleep with open window (10th), and wear thin coat and ribbon neck.
- Turtles fairly and generally begun to lay. [15 June 1860]
- In addition to their function as storage, the journals constitute a complex of processing plants as well, where the notations become descriptions, meditations, ruminations, judgments, and other types of studies: 'From all points of the compass, from the earth beneath and the heavens above, have come these inspirations and been entered duly in the order of arrival in the journal. Thereafter, when the time arrived, they were winnowed into lectures, and again, in due time, from lectures into essays' (1845-1847). In short, in the journals, Thoreau negotiates the transformation of facts into forms of written expressions that have entirely different orders of resonance. . . ." (Robert E. Belknap, *The List: The Uses and Pleasures of Cataloguing*. Yale University Press, 2004)



Critics of Journaling

- **Are Journal-Keepers Introspective or Self-Absorbed?**
- "People who keep a journal often see it as part of the process of self-understanding and personal growth. They don't want insights and events to slip through their minds. They think with their fingers and have to write to process experiences and become aware of their feelings.
- "People who oppose journal-keeping fear it contributes to self-absorption and narcissism. C.S. Lewis, who kept a journal at times, feared that it just aggravated sadness and reinforced neurosis. Gen. George Marshall did not keep a diary during World War II because he thought it would lead to 'self-deception or hesitation in reaching decisions.'
- "The question is: How do you succeed in being introspective without being self-absorbed?" (David Brooks, "Introspective or Narcissistic?" *The New York Times*, August 7, 2014)



Journaling during the Coronavirus Pandemic and other crisis

- *many universities/colleges and schools created journaling projects during this difficult time – many online
- *journaling during the pandemic helped many people to deal with their fears and anxieties
- *pandemic journaling helped people to realize that life continues
- *pandemic journaling creates a historic record of living through a pandemic for future generations
- *therapists used journaling to help patients during a time when they could not meet with them in person

<https://www.pandemicjournalingproject.org/>

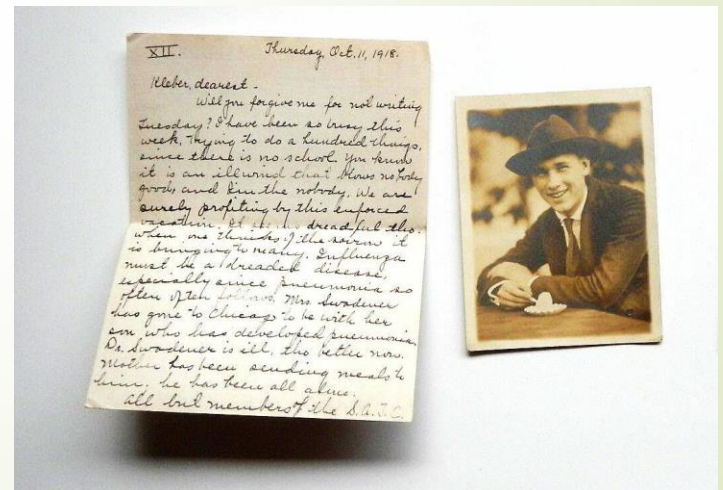
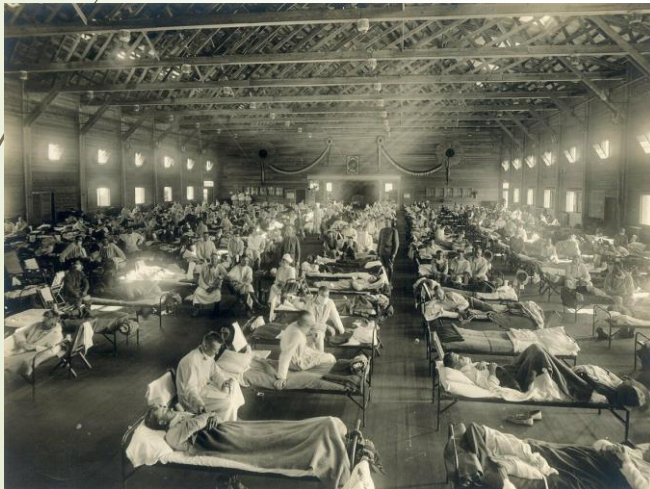
<https://www.womenshistory.org/journal-project>

<https://pandemic-journaling-project.chip.uconn.edu/>

Diaries from the Spanish Flu Pandemic of 1918

<https://www.smithsonianmag.com/history/what-we-can-learn-1918-influenza-diaries-180974614/>

<https://www.atlasobscura.com/articles/letters-and-diaries-1918-flu-pandemic>



The Lititz Public Library's Community Journaling Project

Welcome to the Pages of the Community Journaling Project

What you are holding in your hands is a book filled with the thoughts and creative energy of our community. Read through the pages that are already filled out. Start on the first blank page you come to. You can write, draw, or collage on your entry. Limit yourself to 3-5 pages.

***All pages must be kid friendly, G-Rated, and kind, or they will be removed and a note will be placed on your account.

***Do not write on or in any way deface the pages that came before yours.

Return this book to the library and feel free to check out another. Once the book is filled it will be added to our collection and you can check it out next year to see what else was added.

Journals to choose from and contribute to:

- Stories My Grandparents Told Me
- Memories of the Lititz Community

* Tried & True Recipes and Household Fixes



Journal Questions/Ideas

HOW TO Journal

(TO BECOME MORE IN TUNE WITH YOURSELF)

1. CREATE A SACRED SPACE

Find a place that is quiet, inviting, and relaxing.

2. FIND YOUR JOURNALING STYLE

There are no rules to journaling. Find the style that works for you and your lifestyle.

3. TAKE THE PRESSURE OFF

You don't need to be a good writer, journal every day, or write for hours.

4. DON'T CENSOR

Greet all your thoughts with compassion and understanding.

5. LOOK FOR REVELATIONS

Be open to gaining a different perspective on life, the past, & your emotions.

6. REMEMBER WHY & ADJUST

If it starts to feel like a chore, remember why you started & adjust your methods.

[CLICK THROUGH FOR FULL ARTICLE](#)

WWW.ASERENEPURSUIT.COM

MEMORY KEEPING

52 Journal Questions

- What are you are thankful for?
- Write about the place you call home.
- Five things you would like to do more?
- What is the view from your window right now?
- A quote to live by?
- What was the best thing that happened this week?
- Write down something you are stressed about.
- A book that has influenced your life?
- Share a childhood memory.
- How do you see the world?
- Your playlist right now?
- Write about some of your favourite places.
- What holds you back?
- Share a vivid dream.
- What are you wearing right now?
- Five things to do less often?
- What do you love about yourself?
- Something you are excited for?
- Write about someone you love.
- What fictional character would you most like to be?
- How have you changed in the past year?
- What are you favourite movies right now?
- Something you are proud of?
- Write down one regret.
- What do you feel strongly about?
- How do you relax?
- A few small things that make you happy?
- Best book you read this year?
- Write a letter to your teenage self.
- 10 places you would like to visit?
- What is your dream job?
- Who would you invite to your imaginary dinner party?
- Where were you ten years ago?
- What were your highs and lows this week?
- A fact about you, you don't often share?
- Something you want to remember?
- How would you like people to describe you?
- Write about someone you admire.
- What do you need to be content?
- Share one of your earliest memories?
- What is your favourite song to sing?
- Name three things you do well.
- What are your priorities in life?
- One way you would like to grow in the next year?
- Write down five weird things you like.
- Write about something that scared you.
- One thing you dream of doing?
- What was the last thing you celebrated?
- Sum up what you believe on one page.
- What would you be doing if money was no object?
- Thing you love about this time of your life?
- One thing you dream of doing?

www.hayleyfromhome.co.uk



DEBBIE RODRIGUES
Confidence Productivity Success

7 THINGS TO WRITE IN YOUR JOURNAL TO LET GO



- WHAT HAPPENED,
- YOUR FEELINGS,
- PEOPLE INVOLVED,
- WHEN YOU FELT TRIGGERED,
- THE RESULTS,
- HOW YOU THINK IT SHOULD HAVE BEEN SOLVED,
- WHY YOU FIND IT HARD TO LET GO.

33 Ideas of What to Write in a Daily Journal

1. Inspirational Quotes
2. Reflect on a Quote
3. Answer a Question
4. Personal Development
5. Life Milestones
6. Specific Events
7. Captured Moments
8. Describe Challenges
9. Define Solutions to Challenges
10. Write Down Prayers
11. Express Gratitude
12. Meditate before Journaling
13. Describe a Memory
14. Overcoming Fears
15. Recall your Dreams
16. Write a Time Capsule Entry
17. Track the Food You Eat
18. Keep a Travel Journal
19. Write as a Family
20. Write about Dislikes
21. Thoughtless Morning Entries
22. Use Monthly Themes
23. Write a Letter
24. Write to an Imaginary Friend
25. Write about the Lessons of a Book
26. Do a Writing Sprint
27. Write One Sentence Each Day
28. Write Down Affirmations
29. Create Lists
30. Create a Mind Map
31. Create Thought Clusters
32. Design a Character Sketch
33. Be Creative

Journal Prompts to Learn More About Yourself

- What does your ideal day look like?
- What were you like as a child? How are you different now?
- What are some doubts that continue to come up in your mind?
- What are 20 things that make you smile?
- What is something you do that you can lose all track of time while doing?
- What couldn't you imagine living your life without?
- What does unconditional love look like for you?
- What would you say to your child self? Your teenage self?
- What words would you need to hear right now to be at peace?
- What do you really wish others knew about you?
- What is one healthy habit you would like to start? Why haven't you?
- What do you consider your biggest flaw?
- What do you consider your biggest strength?
- What are some questions you urgently need answers to?
- What inspires you?
- Write about what you don't know about yourself, but would like to. How do you think you can do that?
- When you're gone what would you like to be remembered for?
- Where do you feel safest?
- Who are the 5 people you are closest to and why them?

2-MINUTE JOURNAL

- Something I am grateful for today:
- The best thing that happened today:
- Something I did well today:
- How I could have made today better:
- How I'll make the rest of today great:

windingspiralcase



JOURNAL THERAPY

WRITING PROMPTS

for Healing

Choose a new prompt each day to focus on in your therapy journal. Try and write as much as you can about the prompt working to dig in deep. Don't over think your responses and try not to write what you think you should but rather whatever first comes to your mind. These prompts are geared at helping you work through personal pain from either past trauma, depression anxiety, and any other pains that can affect our growth.

- Name five memories when you were extremely happy.
- The greatest challenge in my life right now is _____
- Where do you most safe and loved?
- No matter how terrible my day is these ten things can always make me feel better:
- What would your life be like if you didn't have _____?
- If I could talk to my teenage self, the one thing I would tell myself is _____
- Write the words you need to hear right now.
- What are the three things that scare you the most and why?
- If I didn't have (describe a particular challenge or pain) _____ I would have never learned _____
- What would your life be like if you didn't have _____?
- If you had to pick one bad memory or experience you could re-write the outcome, what would it be and how can you think of the experience differently?
- Describe a time when you sabotaged a good situation for yourself. Explore why you might of done that.
- Write about a difficult time in your life that you overcame and what do you attribute to how you overcame it ?
- During tough times I have discovered that _____ helps me the most.
- When I'm in pain whether it be physical or emotional, the kindest thing I can do for myself is right now is _____
- What's your biggest regret? What have you done or plan to do to make amends and/or forgive yourself?

Example of a Bullet Journal





BOOKS

THE NIGHT SWANING PERSON
 THE LIFE CHANGING MAGIC OF TALKING UP
 ALL THE LIGHT WE COULD SEE
 WHO DO YOU LOVE?
 THE GIRL ON THE TRAIN
 TO KILL A KING
 NO CANONICAL
 AFTER YOU
 I STILL ALICE
 THE MARTINA
 FINAGLES HAPPY
 EMOTIONAL INTELLIGENCE
 INTRODUKT FOWER
 GOOD BOSS
 BAD BOSS
 HOLD ON TO YOUR LIPS
 TRAZ THOUSANDS SPARKS
 DAZZ PLACES
 ME WITHOUT YOU
 THE ENDORPHINING
 LEMINGDAYS HOUR
 DANNA KORBANA

WUTHERING HEIGTS
 THE BOOK OF MELLODS
 THE HUSBANDS SECRET
 WHAT'S YOUR BEHOLD I GO?
 WHAT SHE LEFT BEHIND
 WANTING MOST SUBORD
 PROOF TO BE REMINDY

UNBROKEN
 WELL HELED
 A MAN CALLED OVE
 7 HABITS OF HEALTHY PEOPLE
 THE ROCKELLER

THE REASONS OF BEING A WALLFLOWER

TO READ!

BESSY DAVIS
 LIFE RUNNER
 LIFE OF PI
 RECONSTRUCTING AMELIA

THE LANGUAGE FOLLOWERS OF
 RENAISSANCE
 THE MARIATION OF WASS
 THE GOLDFINCH
 WHERE'D YOU GO
 BODENLOTTE
 THE NIGHTMARE
 HAUSFELU
 THE SECRET LIFE OF BEES
 A SPOT OF BLUE TIGER
 ALL THE BRIGHT THINGS
 QUIET
 AMELIAHAWK
 THE BOYS IN THE BOAT
 THE SEA OF TRANQUILITY
 THE SIGNATURE OF THINGS

LELY
 STRELL SOMER
 PROVERB TO THE BEST
 I AM MYLAND

THE DO IS TO MIND
 CLIMAX AND DISORDER
 INSIDE THE ORDERS
 THE LIGHT BULB SCAND
 GO SET A WATCHMAN
 GIRL IN THE WOODS
 STILL LIFE
 A THOUSAND
 SKANDID SWIMS
 OUTLANSER
 W IS FOR WASTED
 THE LAKEHOUSE
 BEAUTIFUL GUNS
 IS EVANGELINE HANGANG
 OUT WITH ME?
 THE TIME TRAVELLERS WIFE
 GONE WITH THE WIND
 THE ISLAND


WATER FOR ELEPHANTS
 LEAVING TIME
 STATION ELEVEN
 THE GIRLS WITH
 ALL THE GIFTS

SHARD COBBLITS
 PICKING COTTON
 THE RED TENT
 THE GOOD GIRL




LEFT NEGLECTED
 THE ROSE EFFECT
 MY SISTERS ENGAGE
 THE GIRL YOU LEFT BEHIND
 THE SILVER STAR
 SILENT THINGS
 THE LOVELY BONES
 THE LAST MANUSCRIPTS

MOVIES TO WATCH

SUICIDE SQUAD
 BRIDGET JONES 3
 ALICE IN WONDERLAND
 CRIMINAL MINDS
 FLORENCE FOSTER JENKINS
 INFILTRATOR
 LA NOUVELLE VIE DE PAUL SHELDER
 JOY
 LIFE OF CRIME
 MISS PEREGRINE
 PETER ET ELLIOTT
 SUSPICIONS
 UN PETIT BOULOT
 USS INDIANAPOLIS
 WAR DOGS
 UNDER PRESSURE
 VICKY
 INFERNO
 BRICE DE NICE

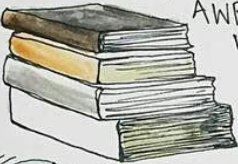
May 16th  Finished First date illustration, meet M at JAVIS CNTR for TCFF & NSS.
LAUNDRY, WEB UPDATES, SCANS, NO TIME TO WORK IN MY JOURNAL...
* Peek at my Kikkerland coloring Book *

MAY 17, 2016 

TUESDAY ONE with  Baby Girl
COFFEE @ GIRL Leonah & Ayla 3 MONTHS OLD  



Stack of Books
ON IANS DESK



LORD of the FLIES
MAZE RUNNER
A WRINKLE IN TIME
RUMBLE FISH



2 BOWLS
OF fruit,
YOGURT &
GRANOLA

1 SOY MOCHA
+ 9 COOKIES IN
A BOX for
AFTER SCHOOL Treats



IRVING FARM
Cortado
From yesterday in
a nice enough cup
to SAVE...

63°
CLOUDY
@ 3PM

A plant in front
of me @ USAGI

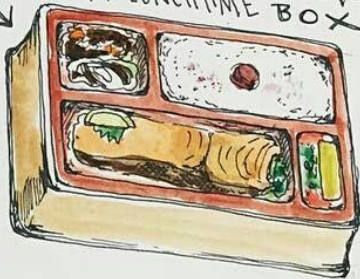


I TRY to
Avoid eating
a LUCUA &
Cookie

AFTER STRAIGHT TO USAGI to
WORK on illustrations for
SPOON & in my journal
+ A LUNCHTIME BENTO
BOX



Yummy
SALMON MISO



BOOKS & PLANTS & BOOKS & PLANTS...



27 apr



AUSTRALIA POST




NEWS priceline pharmacy

WAGENT



27 APR 2016

Handwritten notes in Chinese and English, including phrases like 'I'm so happy', 'I'm so lucky', and 'I'm so grateful'. There are also small drawings of a cat and a dog.



➔ “A life
unexamined is
not worth
living.” -
Socrates





Fountain Pens for
Beginners
Thursday, July 15th at
6:30 p.m.
In-Person