

Journaling

The Written Journey
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How Do I Know What I Think
Until I See What I Say?
E. M. Foster

Journaling

- Focuses on one's interior life
- May be written in every day
- Is very much like a taking a journey
- A journal is no one else's but yours
- Is not typically a diary

- The journal is not essentially a confession, a story about oneself. It is a memorial. What does the writer have to remember?
Oneself, who one is when one is not writing, when one is living one's daily life, when one is alive and real and not dying and without truth.
Maurice Blanchot

Journaling Can Be:

- Log
- Healing
- Theme
- Family
- Mind travel
- Physical travel
- Historical
- Cathartic
- Unsent letter
- Reflective
- Spiritual
- Dreams

Journaling Tools – Setting the Stage

- The journal is not a throwaway
- A hard cover journal lasts
- Comfortable size
- Lined or unlined
- A favorite pen
- Technology?

What sort of [journal] should I like mine to be? *Something loose knit, and yet not slovenly, so elastic it will embrace anything, solemn, slight, or beautiful that comes into my mind.*

I should like it to resemble some deep old desk or capacious hold-all, in which one flings a mess of odds and ends without looking them through.

Virginia Wolf

Develop a Routine

- A regular routine, a time and place
- Or, when the spirit calls
- Give yourself permission
- Space that is private and peaceful

If a person would allot half an hour every night for self-conversation, and recapitulate with oneself whatever one has done, right or wrong, in the course of the day, one would be both the better and the wiser for it.

Phillip Stanhope, Earl of Chesterfield

Writing for Oneself

- With privacy
- Forget misspellings and grammar
- Don't worry about punctuation
- Use abbreviations and unconventional terminology

I used to write more methodically. But one does not dress for private company as for a public ball.

Benjamin Franklin

Where to Start

- Personal events
- Reaction to events
- Conversations
- Prayers
- Questions
- Memories
- Insights
- Achievements
- World events
- Readings
- Quotations
- Letters
- Travel
- Thoughts from the Day

Integrity of Writing

Although it may be difficult
Write the **TRUTH**

Allow journaling to keep you
alert to the magic that surrounds
you

The trouble with writing a book about yourself is that you can't fool around. If you write about someone else, you can stretch the truth from heT're to Finland. If you write about yourself, the slightest deviation makes you realize instantly that there may be honor among thieves, but you are just a dirty liar.

Groucho Marx

Express, Express

Paper does not blush. American Proverb

Paper is patient. German Proverb

Paper endures anything. French Proverb

I can shake off everything if I write. My sorrows disappear, my courage is reborn. Anne Frank

As you write, Journey Back through your journal.

Reflect on your writings.

Just as a mirror may be used to reflect images, so old events may be used to understand the present.

Chinese Proverb

Make your journal Uniquely Yours.

A person who writes well writes not as others writes, but as that person person alone writes.

Montesquieu

<div style="border: 1px solid black; width: 100%; height: 100%; display: flex; flex-direction: column; justify-content: space-between;"> <div style="border: 1px solid black; width: 100%; height: 100%;"></div> </div>	<p>Resources</p> <p><u>The Rewarding Practice of Journal Writing</u>, James E. Miller, Willowgreen Publishing, 1998</p> <p><u>How to Keep a Spiritual Journal</u>, Ronald Klug, Augsburg Books, 1993</p> <p><u>Lasting Lessons. A Teacher's Guide to Reflecting on Experience</u>, Clifford E. Knapp, ERIC, 1993</p> <p><u>The Complete Idiot's Guide to Journaling</u>, Joan R. Neubauer, Alpha Books, 2001</p>
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