Journal writing can be a very reflective and fun activity if you completely invest yourself. Through reflection, I believe that one can learn about themselves, others and the world around them. It can be a great tool to refer back onto as your mind, opinions and thoughts change over time. Have fun and take a few moments to capture the smallest or most life-changing moments of your life. Here are some tips and strategies that you may find helpful.

• Schedule time into your day to reflect and journal
• Write in a place where you can relax and feel comfortable
• Drink tea or listen to music to set the tone as you reflect
• Use a ‘special’ journal writing pen
• If you are struggling to start your journal entry use some writing prompts such as:
  • Start with a quote
  • Write about the first thing that comes to your mind
  • Choose a very specific topic
  • Draw a small picture then describe it
• Be honest—this journal is for your eyes only
• Be sure to write from both your ‘brain’ and your ‘heart’—Write about what you ‘think’ and what you ‘feel’
• Do not be afraid to ask yourself questions in your journal and then leave them unanswered
• Revisit your journal at a later date to see if your thoughts, values, or opinions have changed
• Write as little or as much as you won’t—don’t limit or set page requirements

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