

# JOURNAL WRITING TIPS

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 overtime. Have fun and take a few moments to capture the smallest or most live 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 you thoughts, values or opinions have changed**
- **Write as little or as much as you won’t- don’t limit or set page requirements**