

The Journal

A little notebook can become a powerhouse of ideas!

There are many great reasons to journal. Writing a journal is an investment of time, so an empty journal has no value. Journaling gives individuals the chance to analyze themselves and their surroundings to discover new ideas, feelings and thoughts.

The benefits of journaling do not happen overnight – give it at least one month. People who consistently journal report two key benefits:

1. Writing something down forces you to think it through.
2. Storing information saves you from reinventing the wheel and gives you a written record so you don't forget your ideas.

Some of the uses for journaling are:

- Keep memorable lines or quotes or images
- Make lists of great books you've read or books you want to read
- Make notes to yourself on ideas you have
- Make notes of conversations you have had
- Describe situations and their impact on you
- Write your responses to your peer mentoring group topics
- Track personal insights
- Record reactions in your group or in everyday life
- Before the meeting starts, take a moment and write down everything that's on their minds. It helps you clear your head so you can stay focused on the meeting.
- And the list goes on...

There are no right and wrong ways to journal. Remember it's here to support your learning.