Journaling (Grammar-Free - just express yourself)

Humans have journaled in many ways since we all lived in caves. Journaling can take many forms—poems, description, quotes, drawing, painting, collage, decoupage, song lyrics, memories, fantasy, photos, color, color, color, rants, raves, dreams, wishes, celebrations, disappointments, rehearsals for a conversation, creative visualization, or anything that helps you to express your inner landscape. Journaling transfers brilliant energy between you and your journal…
Grammar-Free: No Editing! Journals won’t be graded - but will be discussed in groups in the fall.

Please do one session of journaling (at least ten minutes) in any form once a week June 15th - Aug 31st. You can always combine forms of expression and respond to more than one prompt if you desire. The following prompts can help guide your entries....but, you do not need to use them in any particular order or you might not use them all! There is no need to edit in a journal - ever! Just express what comes to thought.

There are numerous scientific studies that show the benefits of journaling. Here are a few:

**Solve problems more effectively.**
Sometimes answers are found by engaging right-brained creativity and intuition rather than left-brain analyses. Unlock the creative capabilities, and uncover unexpected solutions to problems.

**Clarify your thoughts and feelings.**
Do you ever seem all jumbled up inside, unsure of what you want or feel? Taking a few minutes to jot down your thoughts and emotions will quickly get you in touch with your internal world.

**Know yourself better.**
Get to know what makes you feel happy and confident. You will also become clear about situations and people who are toxic for you — important information for your emotional well-being.

**Reduce stress.**
Writing about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so you will feel calmer and better able to stay in the present.

**Resolve disagreements with others.**
Writing about misunderstandings rather than stewing over them will help you to understand another’s point of view. You may come up with a sensible resolution to the conflict.

**Improve writing skills.**
Because you make the rules, your writing flows more freely—time spent journaling makes all writing easier. You pick the topics, so you can write about the things that interest you and develop your own style. Experiment with different forms of expression you may even have fun?!
Journaling Prompts

These are ideas to get you started...AND you only need to add content to your journal once a week using any form of expression you choose (spend at least ten minutes). No editing or grammar checks! You certainly won’t use all of these.

1) Journal about anything that comes to mind.
2) My favorite way to spend a day is...
3) If you could improve any one skill or talent you have what would it be? How?
4) What accomplishment or skill are you proud of?
5) How much do you think ‘technology’ will help battle climate change? In what ways?
6) Write/draw a personal slogan/mantra/logo: words that inspire you. Words you want to live by. How can you express this to yourself more?
7) Write about a goal you want to achieve. Write about steps you will take to obtain this goal.
8) Write your thoughts about colonizing Mars and the Moon. Commercialized space voyages?
9) Would you rather stay up late or get up early? Why?
10) What is the greatest responsibility you have had?
11) Are you good at keeping secrets? Why or why not?
12) Choose five symbols or objects that represent you and explain why.
13) Describe the personality or characteristics of a person who positively influenced you.
14) What privilege of getting older are you most looking forward to?
15) What do you think about electric vehicles and the future of energy production and storage?
16) If I could talk to my 9-year old self, the one thing I would say is...
17) Two moments I’ll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.
18) List 15 things that make you smile.
19) I couldn’t imagine living without...
20) When I’m in pain — physical or emotional — the kindest thing I can do for myself is...
21) Make a list of the people in your life who support you, and who you can trust and why. (Now make time to hang out with them or thank them!)
22) I really wish others knew these 3 things about me....
23) If my body could talk, it would say...
24) Name a compassionate way you’ve supported a friend recently. Then write down how you can do the same for yourself.
25) What do you love about life?
26) What would you change if you could?
27) What always brings tears to your eyes? (P. Coelho: “Tears are words that need to be written.”)
28) Write about your first love — whether a person, place or thing.
29) 10 words that describe me are: (Would others choose the same words to describe you?)
30) I feel most energized when...
31) Write a list of questions to which you urgently desire answers.
32) Make a list of things that inspire you — songs, books, websites, quotes, people, paintings, stores, activities...the stars.