



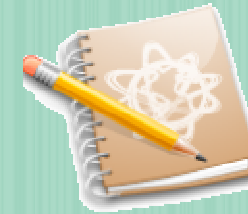
### 15min Journal Writing

- Kitchen Timer
- + one adjective
- + theme word
- + a moment from your day
- description of a stranger
- + one-liners
- + Lists
- Record a fantasy
- Use 3"x5" index cards
- + Write a postcard
- + Draw a picture
- "Flow-write"
- Written prayer



### About

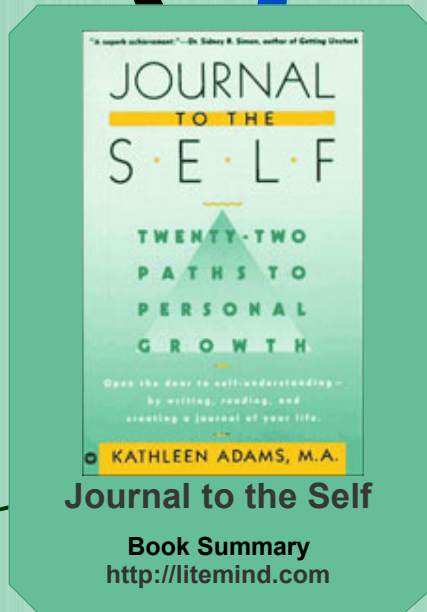
- book +
- mind map +



### Why Keep a Journal

#### Discover the writer in you +

- Record for the future
- Know yourself
- "Friend in Need"
- Tool in therapeutic process
- Heal relationships
- Access subconscious
- Explore dreams
- Develop intuition
- Maximize efficiency
- Explore creativity
- Track life patterns



### Journal to the Self

Book Summary  
<http://litemind.com>



### Guidelines

#### Tell the complete truth faster

- Date every entry
- Keep what you write
- Write quickly
- Don't worry about penmanship
- Start writing, keep writing
- Protect privacy
- Journal Format +

### Journal Toolbox



- + 1. Springboards
- + 2. Character Sketch
- + 3. Clustering
- + 4. Captured Moments
- + 5. Dialogue
- + 6. Lists
- + 7. Stream of Consciousness
- + 8. Steppingstones
- + 9. Time Capsule
- + 10. Topics Du Jour
- + 11. Unsent Letters
- + 12. Perspectives
- + 13. Dreams and Imagery