

# We are celebrating our IAJW.org 4th Year Anniversary!



## BACKGROUND STORY

The IAJW was founded by Ruth Folit in 2009 and it paused for a couple of years around 2015/16.

I proudly re-launched the IAJW, with Ruth's support, in January 2018.

You can learn more about our history in this past [interview](#).

## FUN FACTS

### Over the past 4 years...

We have had **554 members join the IAJW** — some have stayed all these years, some move on, and new people join us each week. Every member matters and I am honoured to have members from many countries around the world.

We have over **40 offerings in our journaling store** including our annual membership, courses, virtual retreats, journaling tools and e-books!

## IN THE PAST FOUR YEARS, WE HAVE...

**Facilitated 48 Writing Alone Together** monthly writing circles for members (*23 of these gatherings have happened during the Covid global pandemic*).

**Hosted 42 Telechat, which are now called ZoomChats**, interviews with guest experts where our members can join live on Zoom and connect with our special guests, asks question, learn and be inspired!

Grown our **IAJW Journaling Facebook** group — where we have, as of last week, **1,000 members** — everyone is welcome and [you can join us here](#) if you would like to (I share prompts and journaling inspiration in this group, and it is a chance to connect with fellow journal writers too!)

Grown our **Journaling Museletter** subscribers from approximately 2,000 to over 9,000 readers worldwide.

**Hosted 2 Go To The Page Speaker Series** including a recent one on *how to use journaling to manifest your dreams and goals*. Over a 1,000 people signed up for this free event.

**Been featured in the media** on both TV interviews, podcasts, radio, guest blogs and magazine articles spreading the word about the benefits of journaling! [Check-out our NEW Media page](#).

**Hosted 10 Journal Council Connection gatherings** with our incredible group of [IAJW Journal Council](#) members — a huge shoutout to the Council for sharing their presence and wisdom in the IAJW!

**Co-edited, with Eric Maisel, the following books:** [Transformational Journaling for Coaches, Therapists and Clients: A Complete Guide to the Benefits of Personal Writing](#) (Routledge, 2021) and the forthcoming book *The Great Book of Journaling: How Journal Writing Can Support a Life of Wellness, Creativity, Meaning and Purpose* (Mango, June 2022).



Lynda Monk, MSW, RSW, CPCC,  
Director, IAJW.org



**Journal writing makes a difference! Connection fuels our creativity.**

*"Communities aren't places. Communities are people with shared experiences."*

~ KATHY MACNEIL