

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, ask questions, 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