

Sarabelle Prince's 278 Reasons to Keep a Journal



IAJW.ORG INTERNATIONAL ASSOCIATION FOR
JOURNAL WRITING
Enrich Your Life Through Journaling

“I want to write, but more than that, I want to bring out all kinds of things that lay buried in my heart.”

—ANNE FRANK *THE DIARY OF A YOUNG GIRL*

- 1 To remember
- 2 To be remembered
- 3 A voice
- 4 Family legacy
- 5 Personal wisdom
- 6 Tool to powerfully effect all aspects of life
- 7 Invaluable record keeping
- 8 Need to express oneself in a safe and controlled manner is a means to improve self-esteem and personal relationships.
- 9 Answers to your calling, your life matters, but where is it?
- 10 Keeps track of what you did and when
- 11 Venting emotion
- 12 Put meaning into yesterday, today, tomorrow
- 13 Treasured best friend
- 14 A mirror
- 15 Spiritual discovery
- 16 Go inside and bring out the words
- 17 Self-emergence, re-birth
- 18 Freedom place
- 19 Understanding the world and self-acceptance
- 20 Private sanctuary
- 21 Get in touch with innermost thoughts
- 22 Active meditation
- 23 Calm chaos, by expressing the 'unexpressed'
- 24 Glimmer, fleeting thoughts captured
- 25 Spiritual quest
- 26 Surprise
- 27 Family story telling
- 28 Desire for immortality
- 29 A place to meet our beliefs
- 30 Recovery from the past
- 31 Anticipation for the future
- 32 Clarity
- 33 Telling your soul's story
- 34 Way of healing
- 35 Way to organize
- 36 A walk between heaven and earth
- 37 Look inward to reach out
- 38 Life companion, helps to see the world around you
- 39 To find out what you're thinking, looking at, what it means, what you want and what you fear.
- 40 To chronicle for future generations
- 41 To negotiate daily life: raising children, earning livings, accepting our passages and circumstances.
- 42 Describes daily life not captured in history books
- 43 Most silent confessor
- 44 Go within, so you don't go without
- 45 Record of conscience and confession
- 46 Self-improvement
- 47 Write to get it right
- 48 Eases worry and obsession
- 49 A page a day keeps the doctor away
- 50 Clearing mind-clutter
- 51 Slow things down
- 52 Check-in on yourself
- 53 One word at a time
- 54 Sharpens your thinking process
- 55 Managing or meeting your patterns
- 56 Goal management
- 57 Transforms mind, body and spirit
- 58 Counseling
- 59 Coaching
- 60 As Oprah says: "Keeping a journal will change your life in ways you never imagined."
- 61 Courage to pursue your passion
- 62 It feels good
- 63 Learn appreciation of your life
- 64 To learn where you are and where you have been
- 65 Stress releaser
- 66 Gives greater sense of peace
- 67 Self-awareness
- 68 Self-motivator
- 69 Inspiration

- 70** As a means to create a world according to our wishes, not those of others.
- 71** Reintegrating ourselves when experience shatters us
- 72** Helps us out of desperate loneliness of silence and the anxieties of alienation.
- 73** To sort out thoughts
- 74** To help make decisions
- 75** A prayer to invoke wisdom and inner strength
- 76** Reflection
- 77** Develop creativity by developing oneself
- 78** Realize creative potential
- 79** Psychological tool to express feelings without inhibitions
- 80** Recognize self-defeating habits of mind
- 81** Help create the future
- 82** Free the creative child and experience full range of imagination
- 83** A healthful release for feelings and tensions
- 84** A place to advise yourself, clarify goals
- 85** Be your own best friend
- 86** Non-threatening place to workout relationships with others and develop capacity for intimacy
- 87** A place to rehearse future behavior
- 88** A memory aid
- 89** A place to find creative solutions to problems
- 90** A way to enjoy and profit from solitude
- 91** Guide to finding clarity amidst crisis or change
- 92** Means of accelerating or concluding psychotherapy
- 93** Place to develop skills of self-expression
- 94** Means of keeping in touch with the continuity of life
- 95** A device to free your intuition and imagination
- 96** A way to learn to trust life
- 97** Tool for recording and understanding dreams
- 98** Your own guide and guru
- 99** Place to celebrate the process of living
- 100** Workbook for creative writing and drawing
- 101** Safe place to take intellectual and creative risks
- 102** Means of discovering joy, or gratitude within the context of your life.
- 103** A book of days
- 104** A teacher's communication with his/her students on an individualized level.
- 105** A place to search for happiness
- 106** Confrontation with oneself in the midst of life
- 107** Personal liberation
- 108** Grief work
- 109** A pillow book
- 110** "This solitary work, we cannot do alone!" therefore: a journal workshop
- 111** A narrative of inner life
- 112** To speak to the self we all have
- 113** A record of conscience and moral accountings
- 114** Diary as quest for survival, understanding, creation, wisdom
- 115** Recognition
- 116** To write
- 117** Chronicle social and/or political change
- 118** Family recipes
- 119** "We... write to heighten our own awareness of life. We write to taste life twice, in the moment and in retrospection. We write to be able to transcend our life, to reach beyond it... to teach ourselves to speak with others, to record the journey into the labyrinth."
-Anais Nin, *The Diary of Anais Nin*, vol 5
- 120** To access your subconscious
- 121** To interpret our dreams
- 122** To discover the writer, poet, painter, athlete, dancer, singer, comedian within, etc.
- 123** To vividly recall your travels
- 124** To meet and choose your priorities
- 125** Life management tool
- 126** To help make decisions
- 127** To reinforce when there is transition or change in our lives
- 128** To help us become honest with ourselves
- 129** To develop patience with yourself, your process
- 130** To follow nature, the weather, the seasons
- 131** To bring one back to life!
- 132** To chart medical conditions, changes, prescriptions
- 133** To follow your new puppy's growth to "good dog" (or any pet)
- 134** Meet and remove self-judgments
- 135** A home for our memories
- 136** To learn about ourselves
- 137** Doctor's record of information about their cases
- 138** Architects, builders, carpenters records of their project (as in the building of Chartres Cathedral over 900 years!)
- 139** Bookkeeping to track expenses, income, inventory
- 140** A garden journal
- 141** Feeling of release that comes from writing
- 142** A record of people you meet
- 143** Conversations about critical issues in your life
- 144** A map of self discovery
- 145** Tools for reflection which allow you to assign your own meaning to events and circumstances of your life
- 146** To capture and gift your children (other people) a mirror of their growth.
- 147** A way to organize your memoirs
- 148** Wish lists
- 149** Project motivator
- 150** Life palm pilot
- 151** The pen is greater than the sword. Find your own power.
- 152** Place to clarify your values re: money, religion, materialism, etc.
- 153** To resolve interpersonal conflicts
- 154** Help us examine our direction (or lack of it) and make adjustments

- 155** Gives perspective on how we use time
- 156** Incubator for public writing or speaking
- 157** Gives time to pause and examine your life
- 158** Cathartic writing heals physically, increases the immune system.
- 159** A treatment for trauma, sexual abuse, other clinical conditions.
- 160** Wine journal
- 161** Restaurant journal
- 162** Birthdays remembered on time
- 163** Reader's journal
- 164** Movie record journal
- 165** About 'him' or 'her' book
- 166** Or hymn book
- 167** Museums visited
- 168** Giving up an addiction journal
- 169** Someone to talk to when there is no one.
- 170** Who came for dinner and what they were served.
- 171** "There are a thousand thoughts within a man that he does not know till he takes up the pen and writes." – William Makepeace Thackeray
- 172** Journaling is like taking the lid off and letting the pain out so love, joy and healing can occur. – Bernie Siegel
- 173** Uncover and nurture a bigger picture for your life.
- 174** Grasp valuable insights that clear blocks and move you forward.
- 175** Release pain, frustration and negative emotions like anger and fear.
- 176** "I will write myself into well being." –Nancy Mair
- 177** Find your strength
- 178** Find your passion
- 179** Ask for support
- 180** Place to believe in yourself
- 181** Place to stay grounded when you're going off the beam
- 182** Place to chart your progress
- 183** Place to tap into subliminal energy
- 184** Vehicle for making magic
- 185** Working tool for creators.
- 186** Messengers between inspiration and objects.
- 187** Ferry boat that crosses you over to places formerly disconnected or
- 188** Travel back and forth to former disconnected and unreachable places
- 189** Information management
- 190** Especially personal information management
- 191** Phone #'s, addresses, faxes, e-mails, web-sites, pin #'s
- 192** Financial journal
- 193** Appointment diary
- 194** Inventor's notebook
- 195** Use it as a 'working tool' (Corbusier, the architect did).
- 196** A place to create yourself (Susan Sontag did)
- 197** A way to be fully in the present
- 198** How do I know what I think until I see what I say?
- 199** Let the steam out so the pot doesn't explode
- 200** A tool to discover meaning
- 201** To gain a change in perspective
- 202** Gives structure and organization to one's thoughts
- 203** Moves us to resolution & psychological completeness.
- 204** Becomes a treasured keepsake
- 205** Makes time for you
- 206** Reduces stress
- 207** A place to put incidents/events that although small, provide examples of larger concerns we believe important.
- 208** Think of a journal as a net catching shining particles from the day.
- 209** Historians use journals about ordinary people (like you and me) to find out about the past.
- 210** To store amusing stuff, like a joke file of life
- 211** A journal can be a symbol of self-discipline for writers
- 212** Reinforcement for what we are learning
- 213** There is a true process of focus when you write
- 214** To discover what's going on in the present moment.
- 215** Helps us increase our tolerance for ambiguity and paradox.
- 216** A staging area for moving closer to change
- 217** Can be a behavioral rehearsal for upcoming events.
- 218** Meet the power of your own voice.
- 219** A window into your thought process.
- 220** Get a better perspective of your life.
- 221** There is 90% chance of achieving your goals if you write them down
- 222** Having closure of unfinished business of the day (by night writing) can calm sleep disturbances.
- 223** A way to learn more about yourself.
- 224** Journal allows us to savor the beauty, to stare right into the pain.
- 225** Helpful to people who have difficulty expressing emotions, writing vs. talking.
- 226** Repression is hard work! Writing is therapeutic, a safe and controlled means of release.
- 227** A balance for those who find it difficult to express feelings publicly
- 228** Remember, people who inherit journals treasure them
- 229** A group journal can be a treasure trove for a family or group.
- 230** A place to meet your mind.
- 231** Instrument for explorations of new forms of consciousness and ecstasy
- 232** To learn what you want in your current or next relationship.
- 233** Help approach decision making
- 234** To catch snatches of conversations
- 235** Reflects prevailing values, attitudes of a country, culture or age

- 236** A way to preserve information
- 237** Place to express feelings without inhibition
- 238** Place to come and know that self which is you
- 239** Place to unite creativity, play and self-therapy
- 240** Discover the writer within you.
- 241** Keep a record for the future of how your life unfolds.
- 242** A journal is a friend in need.
- 243** Heal your relationships
- 244** Access subconscious and unconscious minds.
- 245** Develop spontaneity
- 246** Get to know and integrate the different parts of yourself.
- 247** Track the cycles, patterns and trends of your life.
- 248** Maximize time and business efficiency.
- 249** Communicates The Power of Write Now! "I am here."
- 250** Conversations with God, yourself, others...
- 251** Taps into what's under the 'to-do' list
- 252** Integrates peaks and valleys
- 253** Expecting parents
- 254** Teaches yourself how to teach yourself
- 255** Helps to master the emotions you have
- 256** Helps to learn how to love yourself
- 257** How to love others better
- 258** Can be a place to excavate dreams filed away
- 259** Veterans returning from war
- 260** Any group with common focus
- 261** To find the missing pieces
- 262** To say the unsaid
- 263** To turn problems into opportunities and gifts
- 264** To create the future by conscious choice
- 265** To know who you are
- 266** If a man (woman) has no constant lover who shares his soul as well as his body he must have a diary – a poor substitute, but better than nothing' – James Lees-Milne
- 267** How to be present to ourselves
- 268** Bear witness to ourselves
- 269** Fully inhabit our inner lives
- 270** Writing forces you to slow down your thinking
- 271** A journal is a place where you create self-guidance
- 272** Writing is a release: when you talk the words are heard but when you write the words are captured.
- 273** Sometimes the experience isn't experienced until we write it down.
- 274** Neuro science confirms we can rewire our brains through writing.
- 275** Journaling helps move through Post Traumatic Stress and Secondary P.S.T
- 276** Written words make you think and can push you to the next level.
- 277** Homemakers Journal passed down mother-daughter over generations.
- 278** -----
(fill-in your own reason here)