

### Chapter 1 : Keeping Your Personal Journal by George F. Simons

*Whatever you choose, keeping a personal blog may not come with writing prompts or fancy mobile apps (although some do), but they can come with community, and option to share your story with the world.*

Finding minimalism in a world of consumerism. And I mean always. The short-term memory only retains information for three minutes; unless it is committed to paper you can lose an idea for ever. It was based on the realization that our possessions were distracting us from things in life that were more important. Our possessions were stealing too much of our money, time, energy, and focus. On the other hand, this on-line journal of our journey into minimalism was not intentional. Originally, the Becoming Minimalist website began as simply a humble means to inform our extended family of our goals. But somewhere along the way, it became an important piece in helping us achieve them. And I have come to clearly recognize and appreciate its importance. The importance of committing our desires to paper cannot be overstated. It is a simple process, but it pays great dividends. Writing out our goals provides the opportunity to articulate them clearly and makes their achievement appear closer. Success can be quickly forgotten. And when it is, it becomes easy to get frustrated with our pursuit. As with any pursuit, there are times we may feel like we have not accomplished anything despite all the invested effort and energy. During those moments, it is helpful to look back and be reminded of our past successes. When we sit down behind a blank computer screen or sheet of paper and begin to write out what we accomplished during the day, we are forced to think through our process on a deeper level. Whether we are chasing a physical goal At some point, we will be required to overcome adversity. It is difficult to look back without also looking forward. As a result, when we journal, we naturally begin to look forward. And the next step becomes easier to see. Our past success and perseverance compels us forward. Our journal is our story. It is our account of moving from Point A to Point B. And rightly shared, it can inspire others to do the same. Find a form that fits your personality and lifestyle. The intention of sitting to write every day will compel your mind to manufacture and recognize progress. It is a bold plan. Commit again to write the next day. Write for yourself, not for others. As you do, write with the truest goal of putting onto paper your thoughts and action. Others days, only a little. Your story is important and is meant to be shared. It may be unique to you, but we desperately need to read it. Make sure we can.

### Chapter 2 : How to Keep a Journal (with Sample Entries) - wikiHow

*A journal can be used for many different personal and professional tasks, but the one I find most beneficial is its ability to help you reflect. Because I have kept all my journals through the.*

E-mail Keeping a journal can be a fun and exciting way to record your personal history. Consider trying one of these options for preserving your thoughts and experiences. One Christmas I traveled with my family to the Holy Land. A good part of each day we spent in a tour van as we traveled around Israel, visiting where the Savior walked. Making an audio recording proved to be one of the most convenient ways I have ever kept a journal. Using a variety of mediums, I was able to capture the richness of a trip of a lifetime, from how my father jokingly negotiated to sell me to a Bedouin man at the base of Petra for 24 racing camels and a souvenir shop, to reverently singing hymns of worship with my family while we stood in the Garden Tomb. When I was a little girl, my mother always encouraged me to keep a journal. It quickly became one of my favorite things to do because of the way it quieted my mind before getting into bed. Pouring out my heart on those pages also helped me make decisions. My journals are full of highs and lows, happy times and sad times. Each journal helped me to maintain eternal perspective and hope for the future. I was able to stay connected to and remember who I really am. You too can create a rich and meaningful history of your life experiences. What you have to offer to the world, and to the ongoing work of the restored gospel, is unique and powerful. What you give and share can start with a little introspection at the end of each day, week, or month. However you choose to keep a journal, remember that it is your chance to preserve your thoughts, feelings, and experiences for you and your posterity. Following are some ways you can record your story. Find what works for you and stick with it. Not only will your own life be blessed, but someday countless others will express gratitude for the time you took to share your successes and failures in this life, thus connecting your past with the present and the future.

**Traditional Journals** Find a paper journal that matches your personality and writing style. If you are unsure what to write about, try a journal that suggests a daily prompt. You can also make a traditional journal into an art journal by using paint, pastels, or colored pencils. Decide beforehand on a consistent time to write in your journal so that you can establish a habit.

**Online Journals** Online journals are a great option because you can write wherever you are without having to keep track of a traditional journal, and they allow you to compile more experiences, thoughts, and feelings in less time. Most online journal sites also give you the ability to upload other media to your journal entries. For example, you can add pictures and video, and you can embed links to articles or websites that have enhanced your learning or experience. And many of these sites provide sharing and publishing options when or if you decide to share or print a copy of your journal. You can make it a collaborative process by allowing family members to contribute their memories along with yours. Share your blog publicly or keep it private. Create a personal profile that illustrates your interests and goals. People can freely read your testimony and ask questions, and you can provide informed and helpful answers. President Uchtdorf has said: We develop ourselves and others when we take unorganized matter into our hands and mold it into something of beauty. Basic digital cameras for the budget conscious can provide good quality pictures, or you may simply want to use the camera feature that comes with many cell phones. There are several applications that provide tools for enhancing and sharing your photos. Print and store them in a photo album, or post them online. Either way, keeping track of your life through pictures is a great way to save memories now and share them later.

**Audio Journals** Most audio recorders are digital and take up very little space, so you can take your handheld recording device with you anywhere. You can record thoughts or impressions you receive during the day by simply speaking into the device. The audio files you create can often be transferred from the device directly to your computer. You also may be able to download free transcription software if you want to turn your recordings into documents.

**Video Journals** You can use a webcam on your computer or any other video camera to record yourself sharing stories and experiences from your childhood. Then consider interviewing your grandparents to preserve their stories too. You and your posterity will be able to watch and enjoy these videos years down the road. Doing so will bring blessings both to you and to the posterity you leave behind. What Could You Do Better?

### Chapter 3 : Keeping Your Personal Journal - Video Dailymotion

*How to Keep a Journal. In this Article: Sample Journal Entry Keeping Your Own Journal Community Q&A The window to your soul, keeping a journal can be a way of giving your feelings an outlet like no other, a place where your deepest thoughts can reside without fear of judgment, blame, or need of justification.*

Print How will keeping a personal journal bless me and my family? The Lord and His prophets have emphasized the importance of keeping records. Writing in a personal journal gives us an opportunity to reflect on our lives and recognize the many blessings God has given us. Our journals can also be a source of inspiration and strength to future generations of our families. Prepare yourself spiritually What experiences have taught you the importance of keeping a journal? Are there any entries in your journal or a journal of an ancestor that could be inspiring to the youth? How will the youth be blessed by keeping a personal journal? What reasons might they have for not writing in a journal? How can you help them see the spiritual reasons for record keeping? Prayerfully study the following scriptures and resources. What will inspire the youth you teach? Because of His love, they felt safe sharing their thoughts and personal feelings. How can you create an atmosphere in your class where the youth will feel comfortable responding to questions? Make connections See other learning and teaching ideas. During the first few minutes of every class, help the youth make connections between things they are learning in various settings such as personal study, seminary, other Church classes, or experiences with their friends. How can you help them see the relevance of the gospel in daily living? The ideas below might help you: Invite the youth to share any recent experiences they have had testifying of a gospel truth. If possible, share an entry from your personal journal or the journal of an ancestor or invite a class member or ward member to do this. Why was it important to record this experience? How are others blessed because someone kept a journal? Learn together See other learning and teaching ideas. Each of the activities below will help the youth understand the importance of keeping a journal. Following the inspiration of the Spirit, select one or more that will work best for your class: Read together the last paragraph of his talk, and share a recent experience from your life in which you saw the hand of God or He seemed to have a message for you. Invite the youth to ponder their own answers to the questions suggested by President Eyring and record their thoughts. Ask each youth to read one of the following scriptures: Ask the youth to think about and share some of the blessings that have come because the people in these scriptures kept a record. What are some reasons people do not keep a personal journal? What do the youth learn from these verses that helps them see the importance of journal writing? Encourage them to read a journal of an ancestor if possible or interview a parent or grandparent and write down their testimonies, conversion stories, meaningful life experiences, and favorite memories. Ask the youth to make a list of things to write about in a personal journal. Ask the youth to find what Nephi wanted to include in his record, and add these things to the list. Invite the youth to ponder what they feel they should write about in their journals, and give them time to write a few paragraphs of a journal entry. You could also invite each youth to add a story or picture to his or her profile on FamilySearch. How might this scripture apply to our efforts to keep a personal journal? Ask the youth to think about any spiritual or meaningful experience they have had that they feel they should record. How would they or others be blessed by reading about this experience? Give them time in class to write about these experiences. When everyone is finished, ask the youth to pass their papers to the person sitting next to them. Encourage the youth to take their papers home and refer to them for guidance as they write in their personal journals. Ask the youth to share what they learned today. Do they understand the blessings of keeping a journal? What feelings or impressions do they have? Do they have any additional questions? Would it be helpful to spend more time on this topic? Gospel study skills Pondering. In this lesson, the youth are encouraged to ponder the experiences they are having and record them in personal journals. To ponder means to reflect on and consider something deeply. Encourage the youth to make pondering a regular part of their personal gospel study.

## Chapter 4 : My Medical " The Personal Medical Record for You, The Patient

*KEEPING Your Personal Journal My first learning is George's word "keeping" and his emphasis on using the journal as a way of keeping perspective over a lifetime of living and experiencing. George introduced me to the idea of doing a review of my journal at the end of a year or of a volume.*

What to Write About in a Daily Journal Have you ever been at a loss for word when deciding what to write in a journal? As a writer, I find that keeping a daily journal is imperative for organizing my thoughts and keeping my grammar where it needs to be. If you have a goal to write in a daily journal , then try using journaling prompts to give your writing focus. It is a concept that has greatly improved my journal. Here are some journaling ideas for you to try: Inspirational Quotes Everyone has something that inspires them to do their best in life. Quotes that inspire you do not have to come from a famous individual. They can simply be something that motivates you to do your best. Write about the quote and the deeper meaning that it holds in your life. It may not pertain to your life at all, but you can still reflect on the meaning that originated behind the phrase. These quotes can add wisdom to your life or simply be a funny saying that you enjoy. Answer a Question If you do not feel like collecting quotes, then question journaling prompts are also great. Questions often arise in life that you do not really think about much, but you can write them down on a piece of paper and place them in a container for a rainy day. When you run out of ideas, randomly select one of the questions to write about. And discover other good habits that are part of every great day. Learn more by downloading the checklist and free report: Self Care If you are at a loss for what to write in a daily journal, then try to start naming some of the goals that you have for your life. To help you maintain this path, you can write about some self care idea you want to try. Writing about self care can sometimes have partial effect of making you feel better. For example, if you are going to have a manicure this coming weekend, and you decide to write about how that makes you feel, the thought of the upcoming event can actually serve to make you feel a bit happier. Life Milestones Some goals that you want to achieve could be small"like going to get groceries before Friday"while others could be actual milestones in your life. If you have a big goal that you want to focus on , like graduating from medical school, getting married, having your first child, or buying your first home, try writing about it in detail. Specific Events These events are not typically something that happened to you. Rather, they are world events that should never be forgotten. Throughout history, there are a lot of events that you could write about. I like to write about them as if I were there at the time. Captured Moments If you have already reached major milestones in your life, you can write journal ideas about those events. It could be a detailed recollection of your wedding day, the feeling you had when your child was born, your experience at a rally that you attended, or another unforgettable event. You can also write about specific events in the lives of others. Describe Challenges We all face challenges in our lives on a daily basis. If you encountered a struggle today that was difficult for you, your daily journal is the perfect place to write it down. Describe the struggle that you had to face in detail. How did you feel? Were you able to meet and overcome the challenge that crossed your path? Define Solutions to Challenges Not all challenges are easy to overcome, so if you find yourself in a situation that you do not know how to overcome, write about possible solutions in your daily journal. Think about the specific actions that you can take to find the solution. Contemplate the situation to find more than one option. You can also write about ways that the situation could have been prevented in the first place. Many of us pray on a daily basis, so instead of simply saying them out loud, write down your thoughts as well. This can be a way to increase your spiritual activity. It will help you strengthen your resolve. These prayers can focus on any aspect of your spiritual life, from gratitude to praise and worship. Express Gratitude Sometimes we forget to show our gratitude for the good things in our lives. Each night, take the time to write about a few things that occurred during the day that you are grateful for. If you start writing down your gratitude, you will most likely begin showing how grateful you are, which can be an inspirational form of personal development. Gratitude is such a strong thing to write about you may want to consider having a journal specifically for expressing gratitude. It may sound odd, but writing about how you appreciate others, even if you never show anyone, actually makes you feel a lot better about yourself. See 6 Best Gratitude

**Journals. Meditate before Journaling** When you are having a hard time deciding what to write in a journal, you most likely have a mind that is full of other things going on in your life. If your focus is on a meeting that you are having tomorrow, then how can you think of a fresh topic to write about? Meditating can clear your mind and get rid of all of the mental clutter that is holding you back. Describe a Memory Our memories are not perfect, so if you want to remember something specific, it could be advantageous to write it down in your journal. Using this journal prompt does not need to create long entries, but it can be a list of things that you look back on years from now with fondness. **Overcoming Fears** Your greatest fears are often in the back of your mind. Imagine that a friend has an irrational fear of something like spiders or riding high rides at an amusement park. How would you help them to overcome these fears? What would you say to them? If you are unsure where to begin, here are some of the top fears. **Recall your Dreams** We all dream at night—the problem is remembering what we dream about. If you write down your dreams as soon as you wake up, then you will be able to take a deeper look into them to see if there is a deeper meaning. Be sure to record the date of the dream so that if you look at it years from now, you can remember when you were having it. **Write a Time Capsule Entry** Make your daily journal entry about something that is happening in the news. It could be the Olympics, the swearing in of a new president, or a medical breakthrough for cancer patients. Write down your thoughts about the event. Describe how the country reacted during that period of time, and include news clippings that will be of interest in the future. Wait for 20 years to read the entry again—you will be amazed at the details that you included. **Track the Food You Eat** When you are attempting to lose weight, nothing is more helpful than a food journal. It helps you monitor the food you eat. You can also use this journal prompt to describe the location that you are eating at, the presentation of the food, and how well you enjoyed it. **Keep a Travel Journal** I enjoy traveling, so one thing that I find comforting to write about is my experiences in different locations around the world. Using this journal prompt is perfect because it helps me remember the precious details of my trips that could easily be forgotten. You can write about the food you ate, the excursions that you experienced, and even some of the people that you met. If you have not had the chance to travel much, write about places that you would like to visit. When you are finally able to go, you can compare your experience with what you wrote. **What type of journal should you use? Read to find out: Write as a Family** If you cannot think of a new topic to write about in your journal, try writing an entry as a family so that you can expand on the thoughts of each other. Each member of your family can write in the journal. You can write about a fun day that you all spent together, or create a journal prompt. **Write about Dislikes** Not all writing is enjoyable, so if you are struggling to find a topic, start thinking about ideas that you do not particularly want to write about. If you cannot think of something better, then you still have a topic. It may not be ideal, but it will give you a place to start. **Thoughtless Morning Entries** When you first wake up, your mind is not bogged down with the thoughts of the day, so this is the best time to just let your creativity flow. Try to write at least three pages of content without thinking much about what you are writing. **Use Monthly Themes** If you cannot come up with a specific idea, think about themes that are present during each month of the year. In January, you can write about new beginnings. In February, love is always in the air. If you are having problems thinking of themes, then check out this list to help you get started. **Write a Letter** This is a great way to talk to someone that you do not get to see that often. You can write to someone who has passed away, someone who lives far away from you, or even someone who lives in your home. Maybe you have something to say to an individual, but you do not want to say it out loud. Writing a letter to them will help you organize your thoughts and sort your feelings before you actually speak to them. **Write to an Imaginary Friend** In life, you sometimes need to tell others about your problems. Not everyone is comfortable expressing themselves, so writing a letter that is not meant for anyone to read is a way to come to terms with your feelings. It allows you to talk to someone and organize your thoughts without being judged. **Write about the Lessons of a Book** Most of the literature that you read has an obvious plot as well as a deeper lesson that is hidden in the pages. Any time you complete a new book, write about the lessons in it. You can even include some of your favorite quotes. **Do a Writing Sprint** Set your timer for five minutes and write until the time expires.

### Chapter 5 : Five reasons why you should keep a journal | Psychologies

*George F. Simons, PhD is an internationally known professional in the use of personal writing and journals. He has spent more than 20 years in teaching and counseling individuals and groups in the spiritual life. He has an interdisciplinary doctorate in theology and psychology from Claremont College.*

Start by setting yourself an easy task such as writing a list of five things you tasted that day. Once you start drawing, writing and gluing stuff in every day it can quickly become a habit – addictive, even. Your attitude should be: Time yourself. A good technique to avoid giving up or getting bored is to give yourself 10 minutes maximum per day to make your mark. Another favourite exercise was dripping a blob of ink on to a page and blowing it with a straw. As I began to see the pages fill up with images and ideas, I had this sense of: Avoid screens I find the experience of keeping a journal much more creative on paper than on a computer. Something different happens to my brain when I put pen to paper: Give yourself permission to experiment, play around with material and make a mess. What does it feel like to rub dirt on the page? See what happens when you do. Above all, stop caring about the outcome. The whole point is getting stuff on the page. I buy beautifully made leather-bound journals because I have lost my fear of the blank page. My journals are precious in a different way. I love everything that comes out of them and I want them to last, to be durable. The more daring I get, the more unruly they become. All this stuff looks even better when you present it in a grid, or pair things together to see how they play off each other. One great collage exercise is getting a magazine or newspaper, something with lots of nice colour, then cutting out circles from several pages of it, so you have around 50 of them you can randomly play with; combine the colours, see how they mix and match or drop them randomly and glue where they fall. When you keep a journal, you realise that the really interesting thing is not knowing what will happen, and discovering an unexpected result.

### Chapter 6 : Pain and Suffering - Keeping a Pain Journal for Your Personal Injury Claim

*Keeping a journal requires us to write out our goals. The importance of committing our desires to paper cannot be overstated. It is a simple process, but it pays great dividends.*

Consult our support page for guidance An organized database that is yours to control My Medical is a comprehensive record-keeping app for your personal medical information. With My Medical, any and all information that is important to you is kept together in one place. You can keep as many records as you need in a single purchase. Use it for a spouse or aging parents. Use it to keep immunization records for your children. Use it to look after a special needs child. Doctors, nurses and clinicians: And if you already have medical contacts in your address book, then perfect, because My Medical can import it in one click. You can even set reminder alarms directly from the app, without ever going into your calendar. My Medical devotes an entire area to extra files that can be attached to your record. Not only that, you can tie files to particular items anywhere within your information. So add a picture of the pill next to a medication. From blood tests to X-rays My Medical provides a range of common test result templates for you to track test results. To name just a few: Visualize it Chart test results with sophistication and discover trends over time. With the charting feature you can view multiple graphs simultaneously and even see moving averages to uncover long term changes. In case of emergency My Medical is a valuable aid for EMTs, first responders, or those who may need to quickly find out emergency instructions. Even if you have password-protected the app, certain information can be made accessible in the event of an emergency. As a further safety measure, you may require a password in order to view all or certain parts of your information. Just connect them to a WiFi network and the apps will find each other and transfer your info in the press of a button. You can also back up records for safekeeping, so if your device is lost or replaced, your information is easily restored. Get the word out Sharing your information has never been easier. Generate a report of all or part of your record and email it straightaway. Or export it as a Microsoft Excel-readable spreadsheet. Or you can always send your info to the printer to make a hard copy. Have a long medical history? Use our secure online form , available free-of-charge, to easily enter your information and transfer it by email to your mobile device. The long and the short of it: Because your records are maintained by you, their contents are whatever aspects of your health that you care to monitor. That means not having to deal with confusing, legally required information often found in the records of health care providers. In short, My Medical personal health records are for you, the patient. Browse the image gallery Find answers to commonly asked questions, browse our help information, or contact us directly.

### Chapter 7 : 33 Journaling Ideas: What to Write About in a Daily Journal

*Keeping a journal can be a fun and exciting way to record your personal history. Consider trying one of these options for preserving your thoughts and experiences. One Christmas I traveled with my family to the Holy Land.*

### Chapter 8 : How will keeping a personal journal bless me and my family?

*Make your journal precious A lot of people don't like to spend money on a journal because they're afraid to wreck it, which is understandable. I buy beautifully made leather-bound journals because.*

### Chapter 9 : Keeping a Journal Your Way - ensign

*6 Tips For Keeping Your Diary Private Keep your journal on your personal computer, if that works for you. You might want to get in the habit of reading.*