

JOURNALS

to write yourself into the room

(a habit I've adapted from my colleague Dr. Agnes Cardoni)

OVERALL GUIDELINES

- You can share your writing with the class when you're comfortable doing so. You'll never be forced to share.
- You should write even when you don't feel like writing. If you have nothing else to write, simply write, "I don't know what to write" over and over until something else comes to you.
- This time is designed as a gift to all of us. Receive it as such.
- Use a journal you love and writing instruments you love. These are gifts to yourself. You deserve to experience the pleasure of writing.



Music Monday

1. Listen to the lyrics and respond to them. What do they say to you? How do they apply to your life?
2. Listen to the music and respond. How does it make you feel? What creates that effect?
3. Write about what's occupying your mind right now.

Wisdom Wednesday

1. How do the ideas expressed in the quote(s) fit in with your experiences in this class? How do the ideas fit with your experiences outside of class?
2. Agree or disagree with the wisdom offered.
3. Write about what's occupying your mind right now.

Fun Form Friday

1. Notice the pattern in the sample. Can you copy the pattern by applying it to something completely different, even if you end up with nonsense?
2. Explain how the form is working. When might this particular form be most effective and least effective?
3. Write about what's occupying your mind right now.