



Members of the Jamie Ridler Studio community got together to share their wisdom and experience about journaling. We shared how we got started with the practice and why we stick with it. We talked about the supplies that make us swoon and the ones that stop us in our tracks. We discovered what it is that makes this practice a powerful one for living a creative life. What follows is a transcript of the chat.

May all that was shared inspire your journal practice!

- 13:00:51 From Lisa DeYoung : Hi Everyone — from the Rocky Mountains of Colorado!!
- 13:01:04 From Laura Allen : Lisa! Vuuuugs! ♥
- 13:01:14 From Lisa DeYoung : Great to be here Jamie!
- 13:01:29 From lesleyanne guest : Hi everyone, from Staffordshire in the UK
- 13:01:30 From Lisa DeYoung : Hi Laura!! Vuugs to you :)
- 13:01:34 From Rene Cerrito : Journaling... Joys, Inspiration, Ah Ha Moments, Insights, Epiphanies, Observations, Thoughts, Feelings, Creative Ideas,
- 13:01:50 From Paula White to All Panelists : Hi Jamie and everyone from northern Maine where we are having an amazing weather day!
- 13:02:05 From Rene Cerrito : Musings, Pleasures, Delights, ETC.



- 13:02:36 From Lisa DeYoung : Rene — these are great!
- 13:02:45 From Ina Schneider : Hi everyone - from Berlin, Germany.
- 13:02:58 From Sam Tucker : I started to heal emotionally - though I am not sure I could have articulated that at the time
- 13:03:08 From Laura Allen : 10 y.o. introverted, loved writing, easier to express myself
- 13:03:12 From Dianne Dixon to All Panelists : My start was more of a diary, because I really liked the diaries my grandma kept, year after year.
- 13:03:20 From patrice rapalus to All Panelists : hello all from chicago
- 13:03:20 From Rene Cerrito : So much within me... so much I wanted to express, explore and remember
- 13:03:22 From Petra Hectors : My aunt gave me a journal when I was 11 years old. I wrote about my days in school.
- 13:03:24 From Karen Rowlett to All Panelists : i started therapy!
- 13:03:32 From Elaine Aulis to All Panelists : to get through my cancer fight - still in progress
- 13:03:48 From Lynne Hundley to All Panelists : Started because I read about a diary and it sounded like something I wanted to do.
- 13:03:48 From lesleyanne guest : The reason why I started journalling was I was a lonely child and my journal was my only friend at the time. I was able to tell my fears and problems and write stories for myself
- 13:03:49 From Sharon Travis : I took an Artist's Way class and discovered how healing and empowering journaling was for me. I am an introvert.
- 13:03:52 From Lisa DeYoung : I had journaled on & off — trying to sort things out. And then I journaled when my hubby & I traveled for a year. Then when I took calligraphy we had to keep a visual journal — and that really sealed it.
- 13:03:55 From Sam Tucker : no distinction
- 13:03:56 From Elaine Aulis to All Panelists : just started this year - as part of Y is Yellow
- 13:04:25 From Laurie Richardson : As an only child, who moved every year or so, it gave me an outlet to express myself, almost like a friend I always had around and it was also a little key & lock journal (age 8)



- 13:04:26 From Carol Higeli to All Panelists : It was a private place to share my thoughts.
- 13:04:27 From Laura Allen : as a kid...definitely a diary a record of my day...
- 13:04:28 From Cheryle Nowlin : I was inspired by nature journaling at first and then my books became more inclusive.
- 13:04:40 From Anne DeMarsay to All Panelists : I started journaling at 13, and I wasa very clear that I was writing a journal, not a diary of my activities. I gave myself permission to write about my thoughts, not what I did that day.
- 13:04:49 From Lynne Wilson : I had a very difficult childhood and I had no one to talk to about it so I poured it all out on the paper.
- 13:04:52 From Dianne Dixon to All Panelists : I don't now either, but back then it was more a recording of my day. Now it is that and more and more.
- 13:05:12 From Laura Allen : I grew into 'journaling' as I grew up and explored
- 13:05:12 From Paula White to All Panelists : I was a young mom and sort of stumbled into it. I started writing a bit of Bible study and my thought and it evolved from there. I got so I couldn't live without it. I was lonely and needed something
- 13:05:23 From patrice rapalus to All Panelists : this is weird but i was inspired by anne frank
- 13:05:41 From Susan Hemann to All Panelists : read Diary of Ann Frank
- 13:05:47 From Lisa DeYoung : I wish I knew more about having a diary when I was a kid! Love your Give a Girl A Journal Project Jamie — looking forward to participating.
- 13:06:00 From Karen Rowlett to All Panelists : yes, my therapist, and the group i was in recommended it.
- 13:06:01 From Dianne Dixon to All Panelists : I wrote stories as long as I remember.
- 13:06:17 From Shannon R : I do morning pages! Monday to Friday :)
- 13:06:21 From Laura Allen : My mom gave me lil pink diary with a gold lock and key as a Christmas gift. I was spending Christmas in Toronto and traveled alone when I was 10!
- 13:06:26 From Sam Tucker : yes to visual journals
- 13:06:28 From Susan Hemann to All Panelists : visual journal also
- 13:06:30 From Dianne Dixon to All Panelists : Yes that is where I came back to it full force with the Artist's Way.



- 13:06:30 From Laura Allen : BEST gift EVER!
- 13:06:41 From Anne DeMarsay : I keep a visual journal also, following Lisa Sonora's practices.
- 13:06:44 From Carol Higeli to All Panelists : I had a journal with a key also, and think it was pink ;)
- 13:06:46 From Laura Allen : Morning Pages ROCK!
- 13:06:54 From Elaine Aulis to All Panelists : i started to document year of the spark last year - having just retired, & then became sick. so journaling is the next step - still trying to overcome the fear of messing up paper with paint etc.... but am starting to get used to doodling, & it documents all my interests which deflects negative thoughts
- 13:07:08 From Lisa DeYoung : I think me, too Laura!! I've grown into journaling for sure.
- 13:07:15 From Laura Allen : good distinction Jamie
- 13:07:16 From Dianne Dixon to All Panelists : Some of the journaling I do includes visuals, but not all
- 13:07:23 From Shannon R : I a lot of time when I journal I write about what I did.
- 13:07:28 From Laurie Richardson : yes, I think that is the distinction. Mine evolved as I grew up.
- 13:08:00 From Lisa DeYoung : I love making my own journals, too!
- 13:08:04 From Rita McGregor to All Panelists : I had nobody, either, when I was young. Journaling kept me sane in a dysfunctional family.
- 13:08:07 From Paula White to All Panelists : I wish I had had that as a girl. It would have helped me a lot.
- 13:08:12 From Laura Allen : I kept a mother's journal while I was pregnant, that was interesting...
- 13:08:23 From Shannon R : I used to Journal every Sunday for years, and would get all grumpy if I didn't get to do it.
- 13:08:24 From Laura Allen : Woohoo!!
- 13:08:29 From Susan Hemann to All Panelists : congrats!
- 13:08:31 From Lisa DeYoung : How exciting Jamie!
- 13:08:32 From Elaine Aulis to All Panelists : I am attached at the hip to my journal - using a variety of pens, & starting to do calligraphy again....



- 13:08:33 From lesleyanne guest : Sometimes my journal is what I do throughout the day and other times it is a sounding board or a place for me to just spill
- 13:08:35 From Carol Higeli to All Panelists : Congrats Jamie - that's wonderful!
- 13:08:36 From Sam Tucker : Montreal - awesome!
- 13:08:37 From Angella deJager : i now keep a day planner , and in it I put things to do, plus what inspired me that day and then write about what happened during the day and my thoughts and feelings each day.
- 13:08:53 From Shannon R : My first diary was a lock & key one.
- 13:08:55 From Susan Hemann to All Panelists : i had a diary with a lock too
- 13:08:56 From Lynne Wilson : I did!! Many of them. :-)
- 13:08:59 From Dianne Dixon to All Panelists : Me too lock and key
- 13:08:59 From Kristy Harding : Mine too!
- 13:09:01 From Laurie Richardson : yep, me too!
- 13:09:02 From Anne DeMarsay : I did--but it was only a diary I kept at 10 or 11.
- 13:09:11 From lesleyanne guest : never had a diary with a key but I would have loved one x
- 13:09:17 From Laura Allen : That little lock and key were empowering!!
- 13:09:18 From Petra Hectors : My girls have journals with a lock to! But keep losing their keys... ;-))
- 13:09:27 From patrice rapalus to All Panelists : that lock and key was of major importance--i had two brothers who snooped!
- 13:09:32 From Shannon R : Visual journal... draw? or collage?
- 13:09:37 From Lisa DeYoung : for me it is like the distinction between diary & journal.
- 13:09:41 From Laura Allen : Oh I'd love to learn from Lisa S how to create a visual journal
- 13:09:41 From Rita McGregor to All Panelists : I started with school loose leaf paper and pencils and destroyed them after I wrote. Used writing to sort my thoughts out and get perspective on craziness.
- 13:09:42 From Susan Hemann to All Panelists : i do art work in my visual journal



- 13:09:47 From Sam Tucker : i use term visual journal rather than art because the emphasis is on the healing not the art. there are no rules
- 13:09:52 From Elaine Aulis to All Panelists : a visual journal for me is the A-Z alphabet for this year's class
- 13:09:58 From Rene Cerrito : I would love to do that!
- 13:10:09 From Lynne Wilson : I agree with Sam - I call it visual journal for the same reason.
- 13:10:09 From Paula White to All Panelists : Mine is a collage journal like Jamie's. It adds a whole new dimension to my journaling
- 13:10:09 From Lisa DeYoung : I have a mixed media journal and my Daily Musings Journal, too!
- 13:10:14 From Laura Allen : I keep a visual journal for 'My One Little Word' with Ali E.
- 13:10:28 From Dianne Dixon to All Panelists : One of my daily visual journals is an app, called Ordinary Days, so a photo and a sentence at least once a day
- 13:10:51 From patrice rapalus to All Panelists : collage is the only "visual" i use
- 13:10:52 From Elaine Aulis to All Panelists : yes, i agree jamie! I have tapped in to Lisa Congdon's tutorials, & am having a great time with her
- 13:10:58 From Anne DeMarsay : Yes! It's not an art journal, it's inquiry using art supplies. I combine free-writing with images, colors, and sometimes paint. I'm more of a collager than a painter. I'm a writer, and keeping a visual journal open my awareness as I write. I notice elements in a scene that I might otherwise ignore to follow a narrative line.
- 13:11:04 From Sam Tucker : i love my daily musings journal, lisa!
- 13:11:06 From Laura Allen : The Daily Musings Journal is so fun and inspiring! ;-)
- 13:11:16 From Lisa DeYoung : My Daily Musings Journal practice has helped me with my drawing confidence.
- 13:11:26 From Laura Allen : Oh wow, that happened to me in school in 7th grade...
- 13:11:31 From Susan Hemann to All Panelists : i had a fit, my brothers read my diary. hide it well!!
- 13:11:37 From Rita McGregor to All Panelists : I had no private place to keep what I wrote so I destroyed it all.



- 13:11:50 From Rene Cerrito : That's a tough one... how can they feel safe to freely express themselves
- 13:11:53 From Lisa DeYoung : Yay — thank you Laura!!
- 13:12:00 From Cheryle Nowlin : I think art journaling is just art...painting, collage, etc. whereas a visual journal is more encompassing. I include illustrations, doodles, ideas for projects in every area of my life, lists, notes. Basically everything else.
- 13:12:02 From Elaine Aulis to All Panelists : girls, talk to your family & friends about how important your journal is, and that if she chooses to share it she will, otherwise please respect her privacy
- 13:12:04 From Lisa DeYoung : Thank you Sam!!
- 13:12:10 From Sam Tucker : suggestions: set clear boundaries. speak to them about how they would feel if someone stole their precious secrets.
- 13:12:21 From Anne DeMarsay : On privacy: disguise the names of the people you're writing about. Ascribe your thoughts to an imaginary person if you think they'll get you in trouble if someone reads them.
- 13:12:21 From Rene Cerrito : Love your collages Jamie!
- 13:12:22 From Lynne Hundley to All Panelists : Visual journal can help with privacy. Journal, then paint or collage over the top. Your words are safe from other eyes.
- 13:13:18 From Lisa DeYoung : Fascinating idea Anne!
- 13:13:21 From Dianne Dixon to All Panelists : It is tough question to answer. we used journals when I was teaching and another student got into some other's journals an edit was such a big deal.
- 13:13:24 From Anne DeMarsay : I start with an open mind, when I'm working in my visual journal. Sometimes I use a prompt, but generally not.
- 13:13:29 From patrice rapalus to All Panelists : i used to leave comments in my diary to Those Creeps Who Would Snoop 😊
- 13:13:32 From Sam Tucker : privacy: also visual journaling allows techniques to paint / cover over the critical issues
- 13:13:49 From Susan Hemann to All Panelists : code is a great idea!
- 13:13:49 From Dianne Dixon to All Panelists : And it was a big deal



13:14:14 From Dianne Dixon to All Panelists : I have at times used a code as well

13:14:15 From Sharon Travis : As a young person, I would have been horrified if someone had read my thoughts. This is why I didn't keep a journal then. As an older adult, that no longer bothers me. I am who I am and I am saving them in case my children and grandchildren want to know more about me. I wish my mother had kept a journal.

13:14:31 From Laurie Richardson : I get overwhelmed with having too many specific journals to try to find time to work on daily (art, writing, poetry, 365, grateful, visual, morning pages, etc.) so my journals are a combination of all of these techniques-filled with whatever I feel like doing on any particular day!

13:14:46 From Susan Hemann to All Panelists : i got rid of my journals years ago when I was going through a rough period

13:15:22 From Lisa DeYoung : I think I am a bit the same Laurie!

13:15:30 From Dianne Dixon to All Panelists : In the mandala work I did last year, some of the more private pages got covered with paint

13:15:48 From Angella deJager : I do like to go through my journals later and see how I got through certain situations which encourages and uplifts me, and makes me aware that I am strong enough to get through whatever I am dealing with at the moment.

13:15:54 From Carol Higeli to All Panelists : Yes Sharon, I wish my Mother had kept a journal also! and my Father... he wrote down the weather, and sometimes what he ate.

13:16:16 From patrice rapalus to All Panelists : Laurie; I agree with that. Journal overload was a problem for me too

13:16:34 From Sam Tucker : As a child, any dissenting thoughts, any criticism, were not a safe thing in my world. there is no way I could feel safe journaling then. but I made mini-journal "secret agent (wo)men books that my friend and i used.

13:16:36 From Laura Allen : privacy is a fine line... this is a great conversation, I think I'd rather tell them to be authentic and have faith vs hiding their journal...

13:17:00 From Lisa DeYoung : The Daily Musings Journal is set-up sort of like a planner with a hand-drawn box (same size) for each day of the week. It is all about musing about whatever you want/however you want...and it begs for color:) Here is a link to some info if anyone is interested: <http://bit.ly/DailyMusingsJournal>

13:17:09 From Dianne Dixon to All Panelists : It became a whole discussion about self esteem and honouring others in my classroom



- 13:17:20 From Laura Allen : Oh I wish my mom had kept a journal... ♥
- 13:17:40 From Rene Cerrito : no... for me only
- 13:17:42 From Shannon R : I never want anyone to read them!
- 13:17:44 From Carol Higeli : Yes Sharon, I wish my Mother had kept a journal also! and my Father... he wrote down the weather, and sometimes what he ate.
- 13:17:57 From Sam Tucker : my intention is journals to be used by me alone,, that said, I intend to publish a visual journal I created a few years ago.
- 13:18:06 From Lisa DeYoung : I've thought about whether I want my journals read...not really sure. Some of them I may want to get rid of.
- 13:18:08 From Rita McGregor to All Panelists : I learned to gradually be as totally honest in my real daily life as I was in my journals so that I lived more authentically.
- 13:18:11 From Lynne Wilson : On new year's eve this year I burned 25+ years of journals - dozens and dozens of them burned and it was amazing. It was one of the best things I've ever done. I don't want to leave them for my children to decide on whether or not to read them. It was a burden to me when my mother died and left journals.
- 13:18:16 From Susan Hemann to All Panelists : i like the idea of covering with paint!
- 13:18:32 From Shannon R : That's cool your dad kept a journal Carol.
- 13:18:33 From Anne DeMarsay : Absolutely not! My journals are only for me. As a dance teacher once said, when he was asked whether students could watch him rehearse: "No, I never let anyone watch me rehearse. It isn't right that others should see my private madness."
- 13:18:42 From Elaine Aulis to All Panelists : my mom did not keep a journal, but kept her love letters from my dad, until he passed away and then she destroyed them - i never got to read them & she didn't want anyone to see them... respect her decision but would have loved to read them!
- 13:18:50 From Sam Tucker : lynne - last year i shredded a bunch of journals from the rough years for that exact reason.
- 13:19:07 From Dianne Dixon to All Panelists : Some of both private, and ones that I would't care if they got read, but I must say the more interesting are the private ones
- 13:19:08 From Laura Allen : I have them all....when I am gone it won't matter... they will be there for my daughter if she's feeling daring!



- 13:19:17 From Lynne Wilson : I feel so free now Sam - it's like a whole new me! :)
- 13:19:28 From Dianne Dixon to All Panelists : And after I am gone I won't care
- 13:19:30 From Laurie Richardson : I trashed all of my journals from age 8-40 when going through a huge life change. I did not want my loved ones to ever see (many of) my teenage and adult words. Now I am not concerned about anyone seeing my journals (after I am gone, lol!) I think maybe because I like myself so much better now.
- 13:19:32 From Angella deJager : I love the 5 year diary idea
- 13:19:33 From Shannon R : I'm loving the 5 year journal.
- 13:19:38 From Carol Higeli : Shannon, not really a journal - when I found it, I had hoped to find more personal reflections - but he recorded more mundane things like the temperature, etc.
- 13:19:39 From Sam Tucker : Lynne - I know!
- 13:19:49 From lesleyanne guest : i used to get rid of them after a year or so as I didnt want anyone to see them. I wish I had kept them now though. Maybe I could see patterns in my life or see how Ive become the person I am now.
- 13:20:00 From Rita McGregor to All Panelists : I had a suitcase full of journals (spiral notebooks) I did start to save when I was a teenager. A boyfriend found them and made a bonfire in his driveway while I was at work.
- 13:20:11 From Carol Higeli : I have a 5 year journal on my amazon wishlist.
- 13:20:12 From Rita McGregor to All Panelists : It was very freeing!
- 13:20:20 From Shannon R : Ah, okay I understand Carol.
- 13:20:35 From Rita McGregor to All Panelists : It was without my permission.
- 13:20:38 From Laura Allen : I burned letters and creative writings that was sooooo freeing....
- 13:21:09 From Laura Allen : ALL of the above! lol ;-)
- 13:21:17 From Rita McGregor to All Panelists : I was devastated at first, but it helped me to not be attached to my words on paper.
- 13:21:41 From Carol Higeli : I love the term you use "noodling" I may borrow that it's so great.
- 13:21:41 From Laura Allen : Other: memories
- 13:21:42 From Petra Hectors : Other: the joy of creative writing - making poems



- 13:21:53 From Dianne Dixon to All Panelists : Travel, books I read, poetry I with are some of my other
- 13:21:53 From Sam Tucker : other: because I MUST
- 13:21:53 From Laura Allen : poems stories
- 13:21:58 From lilli keenan to All Panelists : I use a journal for my prayers.
- 13:22:05 From Lisa DeYoung : visual/creative play
- 13:22:17 From Rita McGregor to All Panelists : Yes—I must, too. Compulsive need to write.
- 13:22:25 From Deborah Weber to All Panelists : other: dream journaling
- 13:22:25 From Laura Allen : Gratitude journal
- 13:22:27 From Rene Cerrito : One interesting thing I just remembered... Every few years I go through journals and save anything beautiful and inspiring... and get rid of anything negative or painful
- 13:22:30 From Sam Tucker : sketchbooks and journals seem to have merged!
- 13:22:36 From Susan Hemann to All Panelists : i keep a sketch book, it is different
- 13:22:44 From Laura Allen : I like that Rene!
- 13:22:51 From Shannon R : My composition book which sketches feels different. It's very new process still, but it's oddly less personal and more personal.
- 13:22:52 From patrice rapalus to All Panelists : rene--me too!
- 13:22:53 From Lisa DeYoung : I think I want to go through and get rid of my journaling from when I did not feel confident in myself...don't think I need those any longer.
- 13:22:58 From Dianne Dixon to All Panelists : Yes. To me even though I count my sketchbooks as journals they are different
- 13:23:06 From Rene Cerrito : Thanks Laura
- 13:23:12 From Laura Allen : @Lisa you go girl!!!
- 13:23:17 From Sam Tucker : lisa - that really can be cathartic!
- 13:23:20 From Elaine Aulis to All Panelists : in early years of clay work i kept a sketch book of ideas for embellishments



- 13:23:24 From patrice rapalus to All Panelists : sketch books for me are a learning/teaching process
- 13:23:36 From Cheryle Nowlin : I use my sketchbooks to work out ideas for artpieces.
- 13:23:40 From Lisa DeYoung : This conversation is helping me to realize that I can!!
- 13:23:58 From lilli keenan : It can be cathartic! I went through a lot of old journals this summer and pitched them and it was soooooo freeing!
- 13:24:01 From Rita McGregor to All Panelists : I have kept and destroyed over the years. Right now I have daily journals for about the last 8 years. About due to decide if I should destroy them again—LOL!
- 13:24:13 From Sam Tucker : before I shredded 2 boxes of funky journals, I typed up any milestones in a word document so that wouldn't be lost
- 13:24:17 From Paula White : That comes back to the question is this a legacy or just private
- 13:24:19 From Petra Hectors : My sketchbook is more like meditation.
- 13:24:26 From Shannon R : Poll for what to do with past journals!
- 13:24:26 From Lisa DeYoung : I agree Sam...so hard to distinguish between all the terms use now — journals/sketchbooks. What about the term log book? Like ship captains used to keep.
- 13:24:27 From Deborah Weber to All Panelists : other: i keep an idea journal so i don't lose those fabulous inspirations of the moment
- 13:24:27 From Dianne Dixon to All Panelists : One of my New Year's Eve practices and has been for years, I burn pages of all the stuff I want to let go off - send it out to the Universe
- 13:24:49 From Rita McGregor to All Panelists : Obviously not in my case. LOL!
- 13:25:09 From patrice rapalus to All Panelists : this i know
- 13:25:13 From Rene Cerrito : I love Susannah Conway
- 13:25:14 From Elaine Aulis to All Panelists : writing for me 1st, one day i will write a legacy journal for my grandson, whom we have helped to raise - almost 11 now....
- 13:25:16 From Rita McGregor to All Panelists : But I do write letters, too. And people have kept them.
- 13:25:48 From Rene Cerrito : This is fascinating



- 13:25:56 From Angella deJager : oh I used to love to write letter when I was a teenager!!!
- 13:26:00 From Lisa DeYoung : My husband keeps the cards I make him...but they are scattered all over the place.
- 13:26:01 From lilli keenan : This year is turning in to a big one for me as far as discovery and the spiritual journey I'm on--and I'm making a conscious effort to record what's going on with the idea that I'll use this--maybe for an article/post.
- 13:26:19 From Dianne Dixon to All Panelists : I am thinking through all that I write and am realizing that most of my writing at this point is mostly for me.
- 13:26:27 From Anne DeMarsay : I use Ira Progoff's Intensive Journal method, which is an exploration of your life over time, so I keep my journals--Daily Logs, in Progoff parlance--as material for that process. If anyone wrote about me, I would expect them to rely on my letters, not my journals.
- 13:26:35 From Lynne Hundley to All Panelists : When I downsized, no room to keep everything. Besides that, I figured out that I'm not going to be famous. So won't be needed.
- 13:26:57 From Rita McGregor to All Panelists : Oddly, I have never thought of destroying my blog posts. Hummm...and they are like a journal, too.
- 13:27:06 From Laura Allen : journaling is an inspiration and clarifier for blog posts for sure
- 13:27:10 From Kristy Harding : I draw from my journals in blogging, too. For me, the journal is for processing, and the blog is for things that are already processed.
- 13:27:22 From Shannon R : I'm totally freaked out about how many journals I will end up unboxing after I move.
- 13:27:40 From Laurie Richardson : I was concerned when I started blogging that all it was was a daily diary and no one would care about reading it...then I realized the most important thing was that it was what I needed it to be, no one else
- 13:27:45 From Angella deJager : I do believe that I will use some of the stuff in my journals in the future for a "dream" project. that makes it difficult to toss them out.
- 13:27:49 From Rene Cerrito : I did that in person years ago in person at The New Yourk Open Center... INTENSE
- 13:28:20 From Shannon R : I totaly understand that Laurie. I want to get back to blogging in that way.
- 13:28:26 From patrice rapalus to All Panelists : oh, i loved sacred suzie



- 13:28:28 From Laura Allen : OH a dream journal!
- 13:28:44 From Laura Allen : when I recal them I write my dreams down when i wake
- 13:28:49 From Lisa DeYoung : My blog posts are like a journal...but it keeps a bit of a different type of log of my life (partly because it is public)
- 13:28:54 From Carol Higeli : I use journaling as a healing tool, together with tarot and even relevant poems, etc. that are helpful.
- 13:28:54 From lesleyanne guest : I used to blog alot but Im feeling very private at the moment so not really blogging at moment and just keeping my journal/thoughts to myself. But maybe one day Ill blog about it. I might even blog about this webinar
- 13:29:01 From Lisa DeYoung : I rarely remember my dreams!
- 13:29:07 From Shannon R : Dream journal! I do that.
- 13:29:27 From Shannon R : I go through spurts of remembering and not remembering dreams Lisa.
- 13:29:43 From Shannon R : hehehe... Supplies~ How much time do you have?
- 13:29:46 From Sam Tucker : oh my favorite!! supplies!!!
- 13:29:54 From Valerie Marsh to All Panelists : Moleskine
- 13:30:03 From Sam Tucker : I agree shannon - i could talk about supplies forever!
- 13:30:05 From Susan Hemann to All Panelists : i hate to say how many pens and pencils and journals i have
- 13:30:12 From Carol Higeli : I understand Lesleyann blogging is quite vulnerable, I agree.
- 13:30:23 From patrice rapalus to All Panelists : this is the year i try to streamline and cut back the number of journals
- 13:30:25 From Shannon R : Heheh have to have lots of journals.
- 13:30:27 From Dianne Dixon to All Panelists : Dream journal is one of my more sporadic journals
- 13:30:35 From Rene Cerrito : Intensive Journal... Ira Progoff



13:30:49 From Lisa DeYoung : Some people seem so organized about what journals they use for specific things — mostly each journal has a little bit of everything! I compare myself when it comes to being organized about my process.

13:30:52 From Rita McGregor to All Panelists : What changed my mind was that I had a lady going through a tough time who went back and read all of my blog from the beginning. She said that when she was overwhelmed (mother was terribly sick) she'd go read some of my blog to cheer her up and be inspired. How humbling!! So that is also why I haven't destroyed the last 8 years of my journals. My journaling is very similar to my blog.

13:31:11 From lesleyanne guest : I have a page a day diary and then I've also a big book which is my own version of a fauxbonichi and this is where I bullet point my day and also use my stamps and sketches.

13:31:13 From Dianne Dixon to All Panelists : Yes you did and I can't get that concept of only one journal, it would drive me nuts

13:31:14 From Sam Tucker : me to - it all merges together (often)

13:31:24 From Shannon R : I get that Lesleyann, I can be really private about things too.

13:31:27 From Elaine Aulis to All Panelists : coloured pens, copic markers, faber castell brush pens, calligraphy pens, markers

13:31:30 From lilli keenan : yes! supplies! I spend way too much time deciding on what to use for a journal.

13:31:51 From Angella deJager : I tried so hard last year to have ONE journal for everything. I learned that, THAT is just NOT ever going to happen. :)

13:31:52 From Anne DeMarsay : I keep a regular journal online, a visual journal in a sketchbook, a dream journal online, and my Progoff journal writings in longhand, which are filed in looseleaf binders.

13:32:01 From Lisa DeYoung : That is a good question I'll have to ponder. What does my journaling process tell me about my creative mind?

13:32:15 From Shannon R : Valiant try Angella!

13:32:43 From Anne DeMarsay : Yes, it's easier for me to type than write longhand. I just use Word docs for the online journals--no special programs.



- 13:32:52 From Cheryle Nowlin : My main journal is for everything except... I keep one ongoing art journal and when I take a class I make a journal for each one. I also keep several sizes of sketchbooks and a watercolor sketchbook.
- 13:32:55 From Angella deJager : thanks Shannon
- 13:33:16 From Anne DeMarsay : When you go to a Progoff workshop, you're required to write longhand, but at home I use the computer.
- 13:33:34 From Susan Hemann to All Panelists : what is a fauxbonichi?
- 13:33:51 From Dianne Dixon to All Panelists : I have a notebook based on Syllabus that has some of everything in it and you can't imagine how many post is are sticking out - that is my work in progress
- 13:33:51 From lesleyanne guest : Thanks Shannon, sometimes I think it is only me, glad to know other people are private, especially in an age of everyone sharing everything on social media etc
- 13:33:52 From Shannon R : show your work!!
- 13:33:54 From Anne DeMarsay : Oh, I have a "brain dump" notebook, but I don't consider it a journal.
- 13:34:02 From Lisa DeYoung : Would you be willing to share a page or two of your faux-binichi Journal?
- 13:34:04 From Shannon R : And I'm kidding on that :)
- 13:34:09 From Laura Allen : morning pages by hand (bound lined), one little word (art), gratitude, dream, SMASH journal (blank book my own design)
- 13:34:47 From Dianne Dixon to All Panelists : I do that too, the fauxbonichi idea but it is a gathering of my month
- 13:34:58 From Shannon R : Quotes!!! I love pulling quotes.
- 13:35:07 From patrice rapalus to All Panelists : my comp book has become my fauxbonichi
- 13:35:10 From Paula White : Oh I like the quote of the day!
- 13:35:16 From Shannon R : Today's quote is "clean is better than neat"
- 13:35:38 From Paula White : Good one Shannon :)
- 13:35:38 From lesleyanne guest : Love clean is better than neat



- 13:35:40 From Susan Hemann to All Panelists : my problem is I explore and love to collect and i cannot figure out how to do a 3d journal
- 13:35:42 From Shannon R : Me too!! Comp book is my faubonichi
- 13:35:55 From Shannon R : Thanks :)
- 13:36:08 From Laurie Richardson : I have a "Q & A- A Day 5 Year Journal", Jennifer Loudens "A Year of Daily Joy" journal, a "Found Inspirations" journal, a composition book where I journal/work through special online courses or acitivites I participate in, and a regular whateverl want it to be journal!
- 13:36:28 From Lisa DeYoung : What kind of journal do you do your morning pages in?
- 13:36:36 From Carol Higeli : I have 1 really beautiful one I don't use - I think it's too precious for sure (now that I think about it).
- 13:36:42 From lesleyanne guest : Ive hoarded gorgeous note books for years but Im starting to use them now
- 13:36:45 From patrice rapalus to All Panelists : i have boxes of 'fancy' books i don't use (wanna give them to a girl?)
- 13:36:49 From Laura Allen : smash is: movie ticket stubs; cards and envelopes, tags from clothes, airline train tix, STUFF from every day!
- 13:36:50 From Angella deJager : oh its really tough for me to use really beautiful journals. They are just too precious. very intimidating
- 13:36:50 From Paula White : Laurie What is a found inspiration journal?
- 13:36:51 From Susan Hemann to All Panelists : i bought this wonderful journal and i haven't been able to write in it
- 13:36:53 From Carol Higeli : I would ideally like graph paper.
- 13:36:54 From Rita McGregor to All Panelists : I like to use fountain pens in my daily journal so I use QuoVadis, Rhodia, etc. Can't stand wide lined!
- 13:36:56 From Shannon R : I don't usually use 'nice' journals. But... feel format more important. Have to have the right lines and feels right when I write in it.
- 13:36:57 From Petra Hectors : I love my Leuchtturm 1917 blank journals.
- 13:36:59 From Lisa DeYoung : I like to use a graph paper notebook for my morning pages.



- 13:37:01 From patrice rapalus to All Panelists : i have to have graph paper!
- 13:37:12 From Rene Cerrito : I do... I end up with a box of scribbling or elegantly written entries... Then I copy them when I have time.
- 13:37:13 From Dianne Dixon to All Panelists : I used to journal a lot in fancy, now I use mostly Moleskins, but the soft cover ones for the most part
- 13:37:18 From Laura Allen : Smash: is fat and messy and fun
- 13:37:20 From Sam Tucker : I love all kinds of journals - handbound, vintage accounting ledgers, moleskins, sketchbooks,
- 13:37:23 From Laurie Richardson : I need my regular journal to be pretty/artsy/personalized, and yep-large ruled for my big sloppy handwriting and small enough to carry with me anywhere & everywhere!
- 13:37:24 From Shannon R : I call that (SMASH) my Glue Journal. It's all stuff I glue in.
- 13:37:26 From kari fox to All Panelists : Can't use the 'fancy' ones - pressure to be profound and to write "pretty", and use one pen for the whole entry. i prefer inexpensive spiral bound notebooks then i just fly at it!!
- 13:37:30 From Lynne Hundley to All Panelists : Lesley Riley said what to do with a too-nice journal is open it up and make random marks on the pages. Then you can't ruin it. It already is.
- 13:37:42 From Shannon R : Graph paper! Awesome!
- 13:37:53 From Anne DeMarsay : If I'm writing in longhand, I like notebooks or pads that are bound at the top, so I can flip up the pages. Ideally, spiral-bound with graph paper pages, so I can write or draw.
- 13:37:53 From Susan Hemann to All Panelists : who has a 3d journal
- 13:37:54 From patrice rapalus to All Panelists : i have a "junk" journal
- 13:38:04 From Laury Kremer to All Panelists : blank pages---no lines. all sizes, all types of papers, sometimes make my own.....
- 13:38:12 From Laura Allen : Purple pen! ;-)
- 13:38:26 From Lisa DeYoung : Found Inspirations for me are creating phrases from words from magazines...a la Julie Gibbons.
- 13:38:29 From Laura Allen : Pentel Energel in purple



- 13:38:36 From Shannon R : Lisa re: Morning Pages, I use either loose lined paper in a fold back clip, or 32 page exercise books.
- 13:38:37 From Carol Higeli : What was the type of uniball pen Jamie?
- 13:38:49 From Valerie Marsh to All Panelists : pink pens for personal journals and orange for my biz journal.
- 13:39:12 From Dianne Dixon to All Panelists : I do that, every Sunday, a found journal, idea from Julie Gibbons I just reach into my box of clippings and box of words and have to make a journal page for the week from that
- 13:39:18 From Rita McGregor to All Panelists : Sadly, I have 13 fountain pens all filled and rotate them so I use a different color ink every day.
- 13:39:18 From Paula White : I write longhand in a simple black lined journal. My visual journal is an inexpensive sketchbook. I write every night in little blue one line a day 5 year journal
- 13:39:43 From Sharon Travis : I use a Moleskine for my serious journaling, comp books for courses I taking or subjects I'm doing research on, and Cahier books for ongoing projects and ideas. I prefer to use automatic pencils. I like the friction of the lead on the paper and find it very grounding for me. I can be a little to airy.
- 13:39:55 From Angella deJager : found inspirations sounds like something I would love to do Lisa. Do you have a link for ideas?
- 13:40:09 From Lisa DeYoung : Are some of the chat entries just going to all panelists? i'm not seeing all of the names Jamie is mentioning?
- 13:40:13 From Laurie Richardson : I learned "Found Inspirations" from Julie Gibbons. Check out her site and Google images.
- 13:40:34 From Angella deJager : thank you Laurie
- 13:40:50 From Lisa DeYoung : I also have a blog post about this — I use it in my Daily Musings Journal. I'm not sure if it is up on Julie's site any longer.
- 13:40:57 From Rene Cerrito : this is so inspiring!
- 13:41:10 From patrice rapalus to All Panelists : junk journal is probably like a smash book; i keep old birthday cards, movie stubs. I used to keep that stuff in a box, now i glue it in a book
- 13:41:19 From Laurie Richardson : ooooh yes, the right pens are crucial! It has to flow smoothly and not smear and not bleed through the page!!



- 13:41:22 From Carol Compton : I use a Pilot Precise V5 in purple. Love purple.
- 13:41:28 From Carol Higeli : Thank you Jamie :)
- 13:41:35 From Laura Allen : A quilting friend made a gorgeous journal cover for a soft/blank notebook....(it's purple) and I LOVE it!
- 13:41:43 From Lisa DeYoung : <https://mtnmermaid.wordpress.com/2015/11/19/found-words-inspiration-collage/>
- 13:42:09 From Valerie Marsh to All Panelists : I love pink because it's feminine and feels personal. orange has great energy!
- 13:42:17 From Carol Higeli : I use a Staedtler triplus micro mechanical pencil I bought at Curry's - I do love it, but will look into the Uniball as a pen.
- 13:42:19 From Laura Allen : Purple Power Carol!
- 13:42:40 From Carol Higeli : I do love purple pens too!
- 13:42:59 From Dianne Dixon to All Panelists : Yes but that is what Van Gogh used so then it is good for me.
- 13:43:06 From Susan Hemann to All Panelists : i love moleskins because i can paint in them
- 13:43:17 From Carol Higeli : I don't have a moleskin - and Chapters (I think) has them on sale right now - so I may go shopping?
- 13:43:26 From Petra Hectors : I really don't like Moleskine. When I write with my fountain pen, they bleed the ink.
- 13:43:43 From Dianne Dixon to All Panelists : Chapter's have Moleskins on sale twice a year. I think today is the last day of the sale
- 13:43:48 From Shannon R : Automatic pencil? does it write for you?
- 13:44:02 From Rita McGregor to All Panelists : Yes, Moleskines bleed with FPs.
- 13:44:11 From Laura Allen : There is TREASURE in this chat!
- 13:44:23 From Lisa DeYoung : I love the pilot pens for writing — yes morning pages!!
- 13:44:25 From patrice rapalus to All Panelists : automatic pencil for the win!
- 13:44:30 From Angella deJager : thank you for the link Lisa



- 13:44:37 From Laurie Richardson : I like to find large paged hardback books at my library bookstore (or thrift store) for my art journaling, just lightly paint over text (or not!) then create on pages
- 13:44:39 From Dianne Dixon to All Panelists : I use a lot of pens, mostly gel, in many colours.
- 13:44:40 From Rene Cerrito : Yes, Laura... I agree!
- 13:44:58 From Shannon R : I use old school BIC pens.
- 13:44:59 From Sharon Travis : I wish it did, Shannon. I just hate having to sharpen pencils.
- 13:45:00 From lilli keenan : Laurie, I love that idea! I'm going to try it!
- 13:45:05 From Lisa DeYoung : I love Staedtler Triplus Finalizer markers for my Daily Musings Journal — great colors and they last a long time.
- 13:45:11 From Rene Cerrito : I use pens that I can get refills for.
- 13:45:12 From Shannon R : OH... I get it now :)
- 13:45:21 From Sam Tucker : Valerie - do you keep a biz journal? if so - how do you use it
- 13:45:29 From Lisa DeYoung : You're welcome Angella — I hope it's helpful :)
- 13:45:55 From Shannon R : Moleskins feel a little precious to me. I've bought 2 but not used them yet.
- 13:46:11 From patrice rapalus to All Panelists : pilot metropolitan fountain pen--very inexpensive, writes like a dream
- 13:46:21 From lesleyanne guest : Moleskins are really expensive in the UK
- 13:46:27 From Laura Allen : <http://ourtrivista.com/2015/08/16/marvel-by-mail/>
- 13:46:31 From Carol Higeli : I'm thinking about getting a set of Pilot FriXion erasable Colour Pens, someone told me they were really good.
- 13:46:37 From Susan Hemann to All Panelists : moleskin makes notebooks for paints
- 13:46:49 From patrice rapalus to All Panelists : I tape 2 pages together when the calligraphy pens come out
- 13:46:50 From Dianne Dixon to All Panelists : I use the Canson mixed Media for wet work



- 13:46:58 From Anne DeMarsay : I love using colored pens, too. My go-to pens are Paper-Mate Write Bros. ballpoints which are thin enough to fit my hands. My preferred visual journal is a 9 x 12 Canson Mix Media sketchbook, with paper heavy enough for paint, marker, and collage.
- 13:47:00 From Rita McGregor to All Panelists : I use nothing but Frixion in my bullet journal and planner. :)
- 13:47:05 From Sam Tucker : automatic. but keeping a space that invites it also helps
- 13:47:10 From Laura Allen : Craziiness ensues if I don't write!!
- 13:47:15 From Shannon R : Historically: journalling at the same time of day / week.
- 13:47:24 From Petra Hectors : Practice: I schedule my journaling on my to do list
- 13:47:28 From Lynne Hundley to All Panelists : I use everything. Especially what's on sale or what I can pick up at the thrift store. And weird things that I can repurpose. I thought I needed heavy paper for my art journaling but discovered (Lisa Sonora) that with "paint scraping" (with a credit card) regular paper is fine.
- 13:47:30 From Valerie Marsh to All Panelists : Moleskines are very sturdy and I like the fact that they look 'serious' as some people use it in business, so I can take it out wherever I want and people think I'm working ...
- 13:47:34 From patrice rapalus to All Panelists : Bics are truly underrated!
- 13:47:40 From lesleyanne guest : My new practice is watching BTS and writing my journal at night before I go to bed
- 13:47:54 From Lisa DeYoung : I love the act of creating, but I'm not as consistent as I'd like to be. I let go about not being completely consistent and that lets me be OK with coming back!
- 13:47:59 From Carol Compton : Keeping my journalling supplies close by, and keeping to a routine keeps me on track.
- 13:48:00 From Angella deJager : I find daily journaling very grounding. I find journalling about my feelings very difficult and I have to "force" myself to do that type of journalling.
- 13:48:04 From Carol Higeli : It's part of my ritual/habit in the morning and evening (when possible)
- 13:48:13 From Dianne Dixon to All Panelists : Certain journals go with different practices during the day, so it is in my day planner



13:48:24 From Paula White : Journaling every morning is my morning routine. Last week I was a bit discouraged and sick and didn't journal for several days Shocking for me!

13:48:38 From Shannon R : woohoo BIC love :)

13:48:48 From Anne DeMarsay : Scheduling works for me, too. For visual journaling, I use Lisa Sonora's technique of pairing my creative practice with another activity that takes place daily.

13:48:57 From Laura Allen : morning time...and right before bed...it's a ritual now...

13:49:10 From patrice rapalus to All Panelists : BTS has been invaluable to my practice--I am always inspired

13:49:10 From Valerie Marsh to All Panelists : Making it the first thing I do in the morning established it as a routine/ritual but I keep it handy in case I need to journal during the day.

13:49:15 From Shannon R : I can get hard on myself if the consistency turns to compulsiveness. Not a good turn.

13:49:19 From Ina Schneider : Journaling is a part of my morning and my evening rituals and I find that this both supports both journaling and sticking with my rituals daily

13:49:50 From Lisa DeYoung : This has helped me so much — to let go of not being perfectly consistent. This helps me with my exercise/movement practice!

13:50:03 From Paula White : I often watch BTS at bedtime, too. I look forward to smiling and moving away from the stress of the day. Thanks Jamie

13:50:42 From Lisa DeYoung : I like that idea Paula! I can't always get to BTS in the am...but I love Jamie's inspiration.

13:50:43 From Dianne Dixon to All Panelists : my day starts with meditation and then what I call morning musings (idea from Susan Piver) and then Morning pages and then reading and then a daily sketch and then exercise

13:50:58 From Shannon R : Most creative people I know journal.

13:51:03 From Laurie Richardson : Yes Lisa, I agree!! I am working on not beating myself up for not being consistent. I tend to journal before I go to sleep at night, unless there is something specific happening during the day that I feel I need to journal about immediately.

13:51:10 From Angella deJager : this year I have a separate journal for "feelings" and have challenged myself to do it daily for this whole year. Its difficult for me because i tend to suppress my feelings .



- 13:51:21 From Susan Hemann to All Panelists : no one knows I journal, just too vulnerable
- 13:51:22 From Elaine Aulis to All Panelists : I watch BTS in the morning, and write down what interests me, or inspires me Jamie
- 13:51:26 From Angella deJager : I also journal before bedtime.
- 13:51:29 From Sam Tucker : my husband keeps a journal (influenced by me), my son keeps a journal/lyrics notebook (songwriter), daughter sketchbook/journal (artist)
- 13:51:33 From Shannon R : Journalling at night used to be my nightly practice.
- 13:51:38 From Lynne Wilson : Since I've been journaling my entire life it's just normal. Everyone who knows me knows I almost always have my face stuck into one kind or another.
- 13:51:41 From Valerie Marsh to All Panelists : My journalling inspired my son to journal or write his thoughts and at 15 he is already a Moleskine addict.
- 13:51:43 From Shannon R : Oh, a feelings journal. Fascinating. I might try that.
- 13:51:44 From Lisa DeYoung : I'm terrible about night time...because I can fall asleep over my writing :)
- 13:51:47 From Rita McGregor to All Panelists : I am the odd duck in the people I actually know (not my online friends—LOL!) and nobody else journals—any kind.
- 13:51:53 From Carol Higeli : I've been trying to encourage my daughter to journal, but so far she has no interest. She does know that I do it and get alot from it - so perhaps it's about timing. She's 16.
- 13:51:54 From Dianne Dixon to All Panelists : then at night I do a more diary kind go gathering my day. the others fit in-between and are not all every day.
- 13:52:03 From Anne DeMarsay : I'm willing to share my story but don't think it's very interesting. I can't point to some big breakthrough that would make for a dramatic ending.
- 13:52:12 From Shannon R : I've fallen asleep many times journalling Lisa. that line that just veers off the page....
- 13:52:16 From patrice rapalus to All Panelists : Yes, I am very reluctant to share my journal habits.
- 13:52:19 From Lynne Hundley to All Panelists : Didn't realize how many different kinds of journaling I do. One is a mid-day break, often at a fast food place for lunch -- I journal about quotes that grab me.



- 13:52:37 From Lisa DeYoung : yes Shannon! I hate that :)
- 13:52:37 From Elaine Aulis to All Panelists : journaling keeps me focused on my creative process, & not worrying about the what if, what happens next.....
- 13:52:39 From Laurie Richardson : BTS to start my day, journaling to end it!
- 13:53:25 From Rene Cerrito : I use many journal prompts in the workshop I give for women... It is amazing in 5 minutes what flows for these women!
- 13:53:28 From Laurie Richardson : I love that my 6 year old grandson journals every day in his kindergarten class!
- 13:53:29 From Angella deJager : I often answer the questions you pose on BTS in my journal in the evenings
- 13:53:29 From Susan Hemann to All Panelists : i let out all my feelings, thoughts etc., i just don't feel comfortable sharing
- 13:53:32 From Petra Hectors : I love to journal with my best friend. We choose a subject and write about it. Sometimes we even read aloud to each other. It sounds scary, but giving a voice to what I wrote is so precious.
- 13:53:44 From Lisa DeYoung : I love to hear that your hubby & kids journal Sam.
- 13:53:52 From Elaine Aulis to All Panelists : faber castell brush pens don't bleed through ordinary paper.... love the colours
- 13:53:54 From Shannon R : Wow, that's fascinating Petra.
- 13:54:09 From Dianne Dixon to All Panelists : My newest journal is a Moleskine that is Called a Passions Health Journal, which brings together my food and exercise and self care all in one place
- 13:54:17 From Paula White : When I look back over the various journals I used in past years, the designs reflect my journey
- 13:54:19 From Rene Cerrito : Self Reflection! Yes!
- 13:54:41 From Rita McGregor to All Panelists : Over the decades I found that sometimes I was more consistent and sometimes it was random. I used to journal more at night but now it is in the morning. It changes as you do and your life does. :)
- 13:54:46 From patrice rapalus to All Panelists : The term "naval gazing" has been flung at me from time to time, and that makes me feel self conscious



- 13:55:14 From Susan Hemann to All Panelists : peace of mind
- 13:55:15 From Lisa DeYoung : I can relate to what you're saying Anne.
- 13:55:30 From Carol Higeli : It gets thoughts out of my "mind" - it's easier to deal with on paper.
- 13:55:37 From Lynne Hundley to All Panelists : Courage wins over fear because I journal.
- 13:55:44 From Sam Tucker : Impact: groundedness, a new vision of who I am, clarity, great grocery shopping lists (!), ideas for my writing, ideas for new business ventures, IDEAS!
- 13:55:47 From Dianne Dixon to All Panelists : It is a way to deal with stress, and work out problems, and just to keep track of life
- 13:56:02 From Rene Cerrito : Clarity about my true feelings and what I truly desire... opens up my path. Keeps me connected to my heart and soul... to my Inner Being!
- 13:56:04 From Paula White : I keep thinking about legacy or privacy. I write my thoughts freely for myself. I keep them though hoping after I am gone that my daughter and granddaughter will see me as a woman, not just their mom and mammy.
- 13:56:09 From Elaine Aulis to All Panelists : journaling keeps me focused, & helps me to remember things - fellow artists to follow up with,
- 13:56:13 From Lisa DeYoung : Sharing our journaling practice — can we share any of our practices...like the visual journaling part? Or just the writing? (for give a girl a journal)?
- 13:56:28 From Carol Higeli : I get in the flow of my thoughts - one thing leads to another, etc.
- 13:56:42 From Shannon R : prompt vs no prompt yeild such different results.
- 13:56:48 From Dianne Dixon to All Panelists : It is also a way to develop creative ideas
- 13:56:49 From lesleyanne guest : I keep journalling because I need to sort out my thoughts, to record my memories and because I just love writing.
- 13:56:55 From patrice rapalus to All Panelists : living with intention is important to me, especially as i get older, and i don't see how that can be done without journalling
- 13:56:55 From Rita McGregor to All Panelists : For me I write to share joy lately...and what's happening and how I feel. But whenever there is some event or crisis or are puzzling people around me—journaling lets me dig down to discover cores, gives me perspective, let's me be honest with myself, too.



- 13:57:06 From Laurie Richardson : The more I journal, the more I get to the root of my truest, deepest thoughts. Most days I don't get to that point, but when I do, it is often powerful and illuminating.
- 13:57:07 From Angella deJager : yeah I can relate about not having much of a story. LOL. My son once said to me.."what on earth do you write in there everyday, you dont even have a life? " too funny.
- 13:57:08 From Rene Cerrito : YES!!!
- 13:57:12 From Paula White : I love that idea Jamie! Journaling club
- 13:57:12 From Susan Hemann to All Panelists : yes on the journaling group!!
- 13:57:13 From Sharon Travis : I find it grounding and helps me get a better perspective on what's happening in my life. Sometimes answers to questions or problems show up on the page. I love the new insights that I get from journaling
- 13:57:13 From Petra Hectors : I love that idea!
- 13:57:17 From Sam Tucker : my friend and I have a quarterly visual journaling meet up - we take over space with tons of supplies, and have a great afternoon
- 13:57:24 From Dianne Dixon to All Panelists : Journals are just good for anything that happens as part of daily life.
- 13:57:30 From Anne DeMarsay : My journal is like a conversation with myself over time. I may vent or noodle about something that is unresolved, and later come to an insight about it, aided by the fact that I got it out of my head and onto paper.
- 13:57:36 From Rita McGregor to All Panelists : I am brutally honest with myself on paper.
- 13:57:52 From patrice rapalus to All Panelists : Journal Club! Yay! Someone just started one of those here in Chicago thru Meetup
- 13:58:06 From lesleyanne guest : My journal is like a conversation to myself too Anne
- 13:58:07 From Dianne Dixon to All Panelists : Have taught journaling workshops for years and the light that goes on in peoples eyes is amazing.
- 13:58:08 From Angella deJager : I agree with Sharon with it being very grounding and does give one new perspective.
- 13:58:12 From Lisa DeYoung : I think that is a great story Anne!



- 13:58:13 From Petra Hectors : Timed writing (write for 5 or 10 minutes as fast as you can) always gives me new insights.
- 13:58:16 From Lynne Wilson : It's a life long conversation
- 13:58:18 From patrice rapalus to All Panelists : Oh, those morning pages can goad you
- 13:58:27 From Laury Kremer to All Panelists : sometimes rereading what i wrote makes me curious or laugh or come to a different perspective. answers come through, dreams are "inked" (in purple of course.....
- 13:58:28 From Carol Compton : Yes, Insight! Things come out when I set that pen to paper. Things I had never imagined.
- 13:58:32 From Anne DeMarsay : @Lisa DeYoung, I'm just realizing that now!
- 13:58:37 From Karen Rowlett to All Panelists : journal club 🐼☐🐼☐🐼☐
- 13:58:51 From Sam Tucker : thank you so much Jamie!
- 13:58:54 From Dianne Dixon to All Panelists : Weekly One Hour Retreats somewhere out in public are a great part of my week.
- 13:59:27 From Carol Compton : Journalling opens the door to my truest self.
- 13:59:28 From Petra Hectors : A blanc page is a great listener!
- 13:59:29 From Carol Higeli : It helps you get in touch with the truth of who you are.
- 13:59:37 From Angella deJager : One thing about power of journalling: it gives you clarity
- 13:59:37 From Sam Tucker : Journaling puts everything in my life in perspective.
- 13:59:37 From Shannon R : Let yourself be honest with yourself.
- 13:59:40 From patrice rapalus to All Panelists : Journalling leads you to your self
- 13:59:41 From Susan Hemann to All Panelists : its a release
- 13:59:44 From Lynne Wilson : There's no judgement within the pages
- 13:59:49 From Sharon Travis : Journaling helps me to know who I am and empowers me.
- 13:59:51 From Elaine Aulis to All Panelists : to make sense of your thoughts & feelings



- 13:59:51 From Lisa DeYoung : It is OK to believe in the conversation you are having with yourself in your journal!
- 13:59:52 From Laura Allen : journey to authenticity
- 13:59:54 From Rene Cerrito : Self Knowledge is powerful
- 13:59:57 From Dianne Dixon to All Panelists : It is a way to find out what is important to the true you
- 14:00:00 From Rita McGregor to All Panelists : I agree with everybody—LOL!
- 14:00:11 From Sam Tucker : I love this journaling group - you are my tribe!!!
- 14:00:13 From lesleyanne guest : It has become my #1 practice at the moment. It is my counsellor/therapist.
- 14:00:22 From Paula White : I carry more clarity and am in touch with my feelings through journaling
- 14:00:36 From patrice rapalus to All Panelists : to quote a commercial, "be all that you can be."
- 14:00:43 From Lynne Hundley to All Panelists : It gives me the courage to be MYself and do MY work.
- 14:00:48 From Georgia Erdmann to All Panelists : It opens you to your inside world.
- 14:00:51 From Paula White : Thats it Jamie! Thats why I journal
- 14:00:54 From Laura Allen : doitagaindoitagain
- 14:01:05 From Dianne Dixon to All Panelists : ditto
- 14:01:17 From patrice rapalus to All Panelists : jamie, thank you so much for putting this together!
- 14:01:19 From Rita McGregor to All Panelists : Yes! You can discover who you truly are!
- 14:01:20 From Susan Hemann to All Panelists : thank you Jamie!!
- 14:01:21 From Laura Allen : Thank you all so much! ♥
- 14:01:22 From Paula White : Know yourself. A great subject for a class
- 14:01:22 From Carol Higeli : I agree Laura



- 14:01:22 From Rene Cerrito : Thank You so much for this Jamie... Love It!
- 14:01:30 From Valerie Marsh to All Panelists : journalling makes me feel grounded and understood, fully expressed. Joan Dedion said "I don't know what I'm thinking until I write it down." I feel this way too.
- 14:01:35 From Paula White : Thanks Jamie
- 14:01:36 From Karen Rowlett to All Panelists : thank you!!
- 14:01:38 From Dianne Dixon to All Panelists : This was great, thank you.
- 14:01:39 From Laura Allen : I can;t wait to give a girl a journal!!!
- 14:01:39 From Elaine Aulis to All Panelists : thanks Jamie, would love to participate in more of these forums
- 14:01:40 From Rita McGregor to All Panelists : This was fantabulous!
- 14:01:45 From Lisa DeYoung : This was a fun/fantastic conversation — thank you Jamie & everyone!
- 14:01:46 From Angella deJager : thank you Jamie. Loved being part of this time with you and everyone.
- 14:01:50 From Carol Higeli : Thank you Jamie and everyone !!!
- 14:01:52 From Laurie Richardson : Thank you Jamie & EVERYONE who shared! -xo-
- 14:01:54 From Sherri Hutchins to All Panelists : I'm so excited about Give a Girl a Journal!
- 14:01:58 From Lisa DeYoung : yay for #giveagirlajournal
- 14:02:01 From Carol Compton : Thank you all!!
- 14:02:03 From Ina Schneider : Thank you Jamie and all of you!
- 14:02:05 From Anne DeMarsay : Thank you, Jamie! This has been such fun, and so illuminating. I look forward to reading the chat at my leisure.
- 14:02:07 From Petra Hectors : Thank you Jamie & everyone!
- 14:02:08 From Laura Allen : Vuuuuugs♥♥♥ (virtual hugs)
- 14:02:10 From Laura Allen : doitagaindoitagain
- 14:02:11 From Lynne Wilson : Thank you Jamie and everyone!



14:02:12 From Sherri Hutchins to All Panelists : Hi! I missed most of this because I wrote the time down wrong. :(

14:02:13 From Deborah Weber to All Panelists : thank you!

14:02:14 From Kristy Harding : Thank you, Jamie!

14:02:16 From Lisa DeYoung : Bye!!

14:02:20 From Shannon R : Take care veeryone!

14:02:21 From Paula White : bye:)

14:02:21 From lesleyanne guest : This has been great Jamie and everyone. Will definitely participate on 14th Feb -