

Journaling for Life

Writers of Kern

May 16, 2020

Presented by

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Bio Poem*

- Line 1 Your first name only
- Line 2 Four words that describe you (adjectives)
- Line 3 Sibling of . . . OR, daughter/son of . . . OR, friend of . . .
- Line 4 Lover of . . . (three things, people, or ideas)
- Line 5 Who feels . . . (three items)
- Line 6 Who needs . . . (three items)
- Line 7 Who worries . . . (three items)
- Line 8 Who laughs . . . (three items)
- Line 9 Resident/Citizen of . . . (your city, street, road, or world)
- Line 10 Your last name only

* Adapted from Joy Lindner, Tualatin, OR, in READ Magazine



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Mindful Writing Format

When I think about _____,

I am aware. . .

I'm paying attention to . . .

I accept . . .

I have an affection for . . .

I appreciate . . .

I affirm that . . .

Dr. John Evans, Duke University class:
"Transform Your Life: Write to Heal"



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Covid-19 Pandemic Prompts

Change – Changes – Changed: differences between “before” and “after”

- 1) In you? – Your behavior, beliefs, habits, tastes, routines. Physical, mental, emotional changes.
- 2) In your family? – Activities, feelings, how you deal with each other
- 3) In your world?
- 4) Throughout the globe?

Discoveries: things learned while sheltering in place, living through this time of crisis

- 1) About you?—Your strengths, fears, talents, beliefs, dreams and desires
- 2) About your family?
- 3) About your world?
- 4) About the global picture?

About YOU:

- 1) Status – Where, when, how, with whom, without whom
- 2) Opinions
- 3) Understandings
- 4) Fears

Quotes:

“We are living through a crisis. But inherent from crisis is opportunity.”
--Susan Rice, National Security Advisor to President Barack Obama

“These are not days for unbridled optimism, but this is the perfect time to allow hope to arise in our spirits.”
-- Donald T. Iannone, D.Div.

“Catastrophe reveals character.”
-- Abhijit Naskar, [When Call The People: My World My Responsibility](#)



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Additional Resources

Evans, John. *Expressive Writing: Words That Heal*. Explains the connection between our words and our health and gives tips on how to use expressive writing effectively.

Goldberg, Natalie. *Old Friend from Far Away; The Practice of Writing Memoir*. Provides prompts and inspiration.

Holiday, Ryan and Stephen Hanselman. *366 Days of Writing and Reflection on the Art of Living*. Daily prompts.

International Association for Journal Writing. <https://iajw.org/> The **International Association for Journal Writing** exists to provide both inspiration and information to journal and life writers alike.

Johnson, Alexandra. *Leaving A Trace*. A practical guide to keeping a journal successfully and transforming it into future projects.

Kominars, Sheppard B. Square One: a Journal Writing Blog. A New Blog About Journal Writing and Aging,

Starfire, Amber Lea. *Writing Through Life Blog*.
<https://writingthroughlife.com/category/journaling-2/>



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