

SOME THOUGHTS ON JOURNAL KEEPING.



IF CREATIVE EXPRESSION IS A GOAL IN THE JOURNAL KEEPING ENDEAVOR ONE CAN GREATLY ENHANCE CREATIVE GROWTH AND EXPRESSION THROUGH RISKING, TRYING OUT A VARIETY OF MEDIA, COLOR AND JOURNAL ENTRY TECHNIQUES.

SOME THOUGHTS ON BREAKING OUT OF RUTS...

- ✧ ONLY ENTER POSITIVE INSIGHTS INTO THE JOURNAL.
- ✧ A KEY IDEA IS TO VARY ONE'S STYLE OF ENTERING THEIR WORK INTO THE JOURNAL... SIMPLY CHANGING THE COLOR OF THE PEN BEING UTILIZED CAN CHANGE THE PERCEPTIONS, EMOTIONS OF THE CREATIVE JOURNAL WRITER.
- ✧ UTILIZING GRAPHICS... SELF SKETCHED, PHOTOGRAPHS, PICTURE COLLAGES OR EVEN JUST WATERCOLOR BLOTCHES CAN STIMULATE A WHOLE ARRAY OF NEW THOUGHT TO A JOURNAL PAGE... DO NOT LET YOURSELF EDIT YOURSELF FROM SKETCHING. NO MATTER HOW CRUDE YOUR FIRST ATTEMPTS MAY SEEM.
- ✧ THE JOURNAL IS AN EXCELLENT PLACE TO CAPTURE THOSE QUOTATIONS, SONG LYRICS, POSTER TITLES, JOES AND MEANINGFUL GEMS EXPRESSED BY YOURSELF OR OTHERS THAT RAPIDLY SLIP AWAY IF NOT CAPTURED.
- ✧ JUST AS THE OLD PROM CORSAGE OR WEDDING BOUQUET STIMULATE RUSHES OF RECALL OF SIGHTS, SOUNDS, ODOORS, EMOTIONS AND TOUCHES WHEN VIEWED YEARS AFTER BEING DRIED OUT... SO TOO... DOES A LEAF, FLOWER, SOIL OR OTHER OBJECT PASTED INTO A JOURNAL. (OLFACTORY / TOUCH STIMULUS PROVIDES THE KEY TO THE STRONGEST LONG-TERM RECALL)
- ✧ GROWTH OCCURS WHEN ONE TAKES RISKS... THE JOURNAL SHOULD BE A SAFE PLACE FOR ONE TO RISK NOT ONLY PLACING NEW IDEAS ON PAGES... BUT RISKING NEW MEDIA AND TECHNIQUES OF EXPRESSION.

