

Assignment 4: Journal Writing

Your journal is your own place to write or draw anything you are feeling or thinking. For example, you could write about the things you observe and are thankful for each day or you could write about the things you are thinking and feeling. Many people have kept journals and made entries on a regular basis. Below is an entry from the journal of Anne Frank (her journal was kept while she was in hiding during World War II).

The best remedy for those who are afraid, lonely or unhappy is to go outside somewhere where they can be quite alone with the heavens, nature, and God. Because only then does one feel that is as it should be and that God wishes to see people happy amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace to all troubles.

Some ideas for personal journal entries –

In your journal, you can write about anything you'd like. Here are some ideas you might like to try-

- Write about what you did during a certain day
- Write about what you learned
- Share some thoughts or feelings you've had
- Record something you've read that you haven't forgotten about
- Write about a conversation
- Share your thoughts about your friends or about what's going on in school
- Write about some of the struggles you're going through or about some answers you've found to your struggles
- Write about the experiences you had when you traveled somewhere. You can also describe this place and write some poetry about it if you'd like
- Share your thoughts about what you gave to others during a certain day, or what they gave to you

As you write in your journal, remember that you can keep any of the journal writing just for you, so feel free to write whatever thoughts or feelings you have.