



Explore
Engage
Pursue
2022 Dream Journal

10 Reasons to Keep a Journal

By Keith Norris





Contingency

10. For emergency and contingency situations

- Ever need to know what you did on a specific day? This is one way a journal can be invaluable — documenting what you did and where you were. Your journal can be an important recording tool in emergency situations.



9. Improve your writing

- The most certain way to improve your writing skills is simply to write a lot! This is more easily done if you keep a journal — especially if you write on a daily basis. In addition, any creative ideas you record in your daily journal can be reused and expanded on later.



A woman in a light blue business suit is shown in a thoughtful pose, with her hand on her chin and her gaze directed upwards and to the right. The background is a light gray wall covered with numerous question marks of varying sizes and orientations, some appearing to be cut out of paper and others as faint shadows. The overall mood is one of contemplation and decision-making.

8. Keep track of important decisions

- A journal can be an important tool to track important decisions in your life. It's a natural chronological record of your progress and can allow you to remember the reasons behind your decision-making for those all-important life events.



7. Interactions with people

- Over the course of your life, most likely you will have had many, many significant and even profound interactions with the people you know. Keeping a journal helps you record those interactions. Review them from time to time to remember and understand why those people were so important to you — long after the events have passed.



An illustration showing several stylized human figures of varying sizes standing on a series of upward-pointing arrows. The arrows and figures are rendered in shades of orange and red, with a gradient effect. The largest figure is in the foreground, standing on the tallest arrow. Other smaller figures are positioned on shorter arrows behind and to the sides, suggesting a progression or growth. The background is white.

6. See your progress

- Progress is a critical component of any person's growth and improvement. Did you become the person you are overnight? Of course not. In the context of your important life goals and personal objectives, a journal helps you see and keep track of the things that are truly important to you. Progress comes little by little.





WHO

DO YOU THINK YOU ARE?

5. Remember who you were

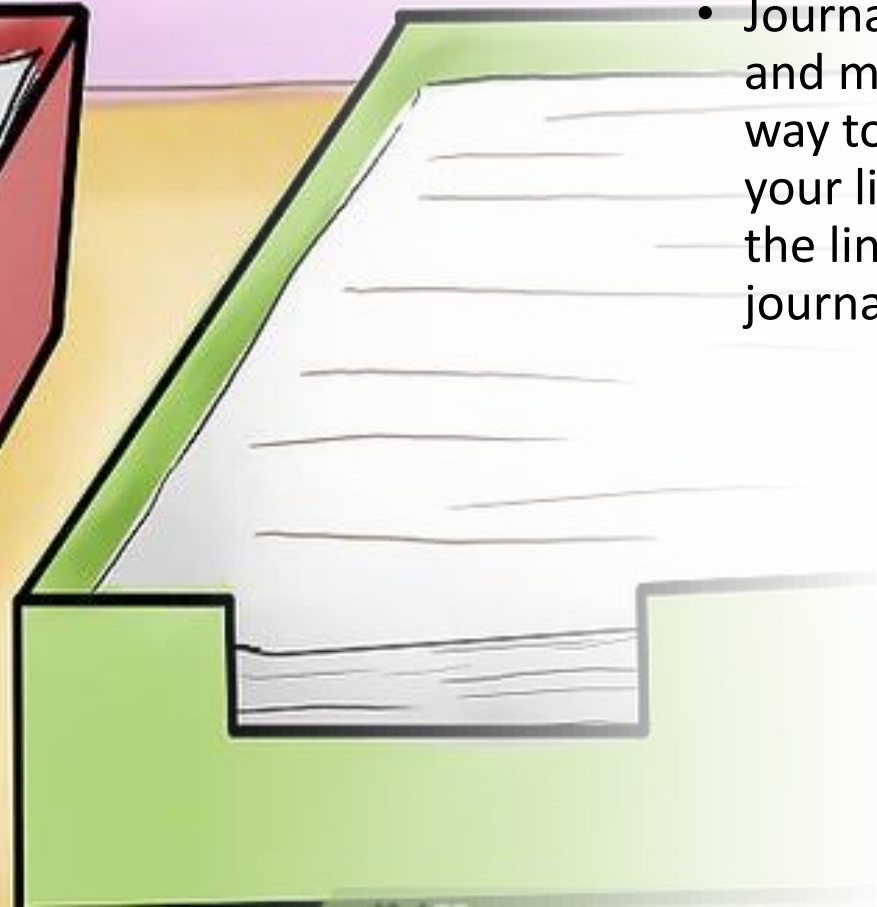
- As a record of your personal history — all the events, decisions and important people who make you the person you are now are in your journal. Keeping an accurate and complete personal history can be extremely useful. By remembering who you were yesterday, you can avoid making the same mistake today.



TO DO



DO



4. Enhance your organizational skills

- Journals are structured. Starting and maintaining a journal is one way to organize and structure your life, line upon line — like the lines and paragraphs of a journal.





3. Explore your thoughts

- Keeping a journal can help you record all the thoughts you have on a particular day. They may be irrelevant, but they also may be inspirational and even educational for you when you get older and reflect on them. You may never know, but it never hurts to try.

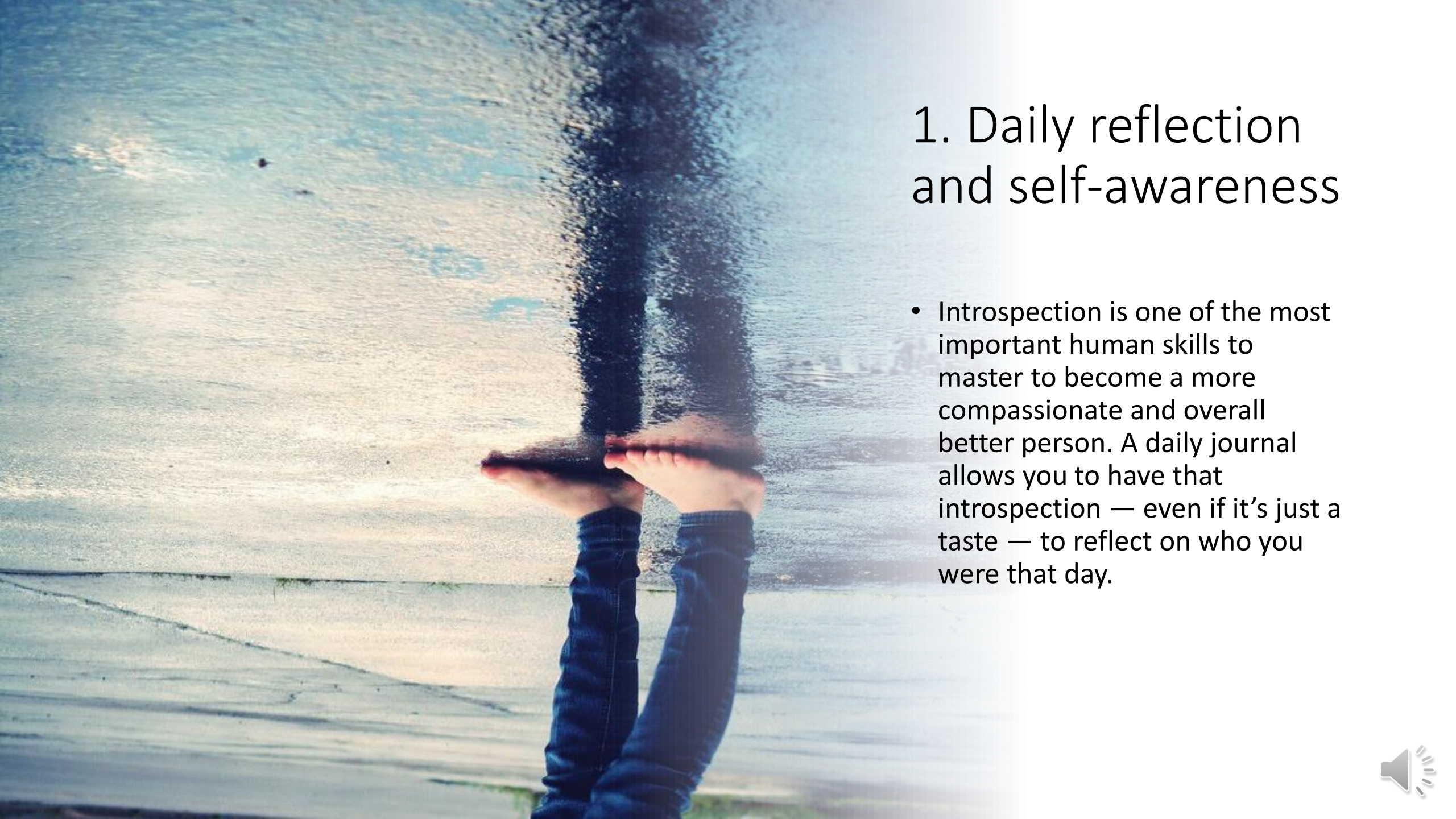


A person stands in a field of tall grass, their back to the camera with arms outstretched. The sky above is a vibrant display of the Milky Way galaxy, transitioning from a warm orange glow at the horizon to a deep blue and purple at the top, filled with numerous stars.

2. Give meaning to your life

- Meaning in life is a very subjective concept, unique to each person. Your journal can track your own dreams and aspirations and, through structure, allow you to figure out what is most important to you.





1. Daily reflection and self-awareness

- Introspection is one of the most important human skills to master to become a more compassionate and overall better person. A daily journal allows you to have that introspection — even if it's just a taste — to reflect on who you were that day.





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