



Why Journal?

When people journal, they:

- focus, and are more likely to identify strengths and what brings them joy
- are patient, slowing things down to capture the learnings
- plan, replaying things in our head - especially after a break - our brain has continued to work on the problem and we capture that learning
- grow, people to reflect on strengths and actions which leads to personal growth. Mental rehearsal is almost as good as real practice!

Benefits of journalling include:

- stronger immune function and physical health,
- more energised
- a greater sense of well-being, and
- an ability to find employment more quickly after being laid off

How?

- Take 10 minutes at the end of the day to think about what a supportive, caring and wise friend who you trust a lot, shadowing you for a day and observing what you do, would ask you "Why did you do XXX?" "Did you notice that when you did YYY, it worked better?" "What can you learn from that, what would you do differently?" "Can you experiment, doing something different and see how that works?"
- Handwriting seems to engage more areas of the brain. When we hand write we tend to summarise information more and look for key themes. When we type we are much more likely to transcribe what happened.
- Structure
 - Reflections - what happened and why?
 - Actions - what will we do differently?
 - Progress - what progress have you made?

Want to know more? The following articles are helpful:

- Four Reasons to Keep a Work Diary, Harvard Business Review, Teresa Amabile and Steve Kramer
- The More Senior Your Job Title, the More You Need to Keep a Journal, Harvard Business Review, Dan Ciampa,
- How Self-Reflection Can Help Leaders Stay Motivated, Harvard Business Review, Klodiana Lanaj, Trevor A. Foulk, and Amir Erez