

Journal Writing Recipe



You are going to love this recipe! It is recommended that you stir the ingredients in this recipe daily, the ingredients of a journal are basically up to you, though certainly the head chef (your teacher) may determine the ingredients and structure of your recipe. Whether you share your journal with your teacher or keep it private, the success of this recipe always depends on writing, your attention to detail, and your perseverance. It is quite possible that his recipe will feed your soul as you stir words to...

- * sort out issues, solve problems and consider different points of view.
- * examine your relationships with other people and the world.
- * reflect on your personal values, goals, aspirations, and ideals.
- * summarize ideas, experiences, and opinions before and after instruction.

Sprinkle quotes, drawings, sketches, doodles, photos, and meaningful items in this recipe as you develop and "tweak" the ingredients on a daily basis.

Be open to the fact that your teacher may have a different journal or diary recipe that he/she prefers. Remember ...you can always stir up your own batch of this recipe at home!