English Project: Your Daily Journal

★ *What if I have finished all my classwork, independent study and revision?*
★ *What if I want to stretch my English skills further?*

Your task → To write a daily journal (using the prompt questions below to help you)

Stretch

1. How would today's/this week's journal entry be transformed into a film script?

Super stretch - Think about your favourite film and the genre. How would this be different for a thriller film than it would be for a romantic comedy for example?

2. Get creative - add images that link to the ideas you have explored in your journal entry.
3. How could you transform your ideas into a poem?

Super stretch - Try out a variety of poetic or narrative forms and tones e.g. sonnet (love), elegy (nostalgia), ballad (narrative), humorous, and any others!

Need some more guidance or different ideas? Click below:
https://www.wikihow.com/Write-a-Journal-Entry

<u>**The 7 Surprising Benefits of Writing a Journal**</u>

How to Get Started Today

1. Journal writing helps you think things through

If you like to bite your nails, throw stress balls at the wall and overthink things, which isn't a good use of time, journalling can help with this. Writing about your inner life is a useful practice for getting ideas out of your head and onto the blank page

Try these questions on for size:

- **"What went well yesterday?"**
- **"What didn't go well?"**
- **"What could I have done better?"**

2. Journal writing is like having a personal therapist

It is okay to leave negative thoughts or concerns on the page because nobody else will read them unless you want them to.

Try:

- **"What am I angry about?"**
- **"What disappointed me?"**
- **"Why do I feel that way?"**

3. Journaling gets you into the habit of writing regularly

You *don't have to worry* about grades, exams or self-editing. Your entries are for you and you alone.

Don't rip anything up!

Now, if you haven't journalled before, being honest on the blank page is tough. It takes time to develop a habit of writing entries regularly.

So, start by writing without expectation about your day.

After all, who doesn't like to talk about themselves!

Try:

- **"What did I accomplish yesterday?"**
- **"What would I like to accomplish this week?"**
- **"What ideas are on my mind?"**

4. Journal writing is an ancient practice

You're in good company.

Marcus Aurelius, Seneca, Raymond Carver, John Cheever, Herman Miller, Vladimir Nabokov, Sylvia Plath and Virginia Woolf all kept journals.

And they did alright!

So, if you want to document your progress or even see how you're improving your craft, keep a journal too.

Try:

- **"What painful lessons did I acquire this week?"**
- **"How can I avoid repeating my mistakes?"**
- **"What should I stop doing?"**

5. Reading old entries is illuminating

Our memories like to play tricks on us.

We imagine things that didn't happen. We tell ourselves it was a great holiday when in reality, we ate a lousy paella on the second night and spent two days in the bathroom with food poisoning.

When you read back in a journal entry, it hits you: "Oh yeah, that's how it was.

It's also bizarre to read back on events you'd long forgotten like the time you broke up with an ex-girlfriend over text message.

Try:

- **"How should I have reacted in hindsight?"**
- **"How are things different now?"**
- **"What would I say to a younger version of myself?"**

6. Journal writing helps you express gratitude

At the end of each journal entry, try to write down three things you are grateful for.

Try:

- **"What am I grateful for?"**
- **"What do I value?"**

- **"Who helped me?"**

7. Journalling helps you find ideas to write about

New writers, bloggers and artists often worry they don't have ideas or complain about writer's block.

And the answer?

Journal consistently and you'll discover anecdotes you can use in your fiction and non-fiction.

Your brain or your subconscious will start to look out for ideas if you prompt it with introspection regularly (the brain is a funny organ like that).

Plus, if you write just 300-words a day, you'll write 3000-words in 10 days and, possibly, a book within a year.

Try:

- **"What's on my mind?"**
- **"What skills am I developing"**
- **"What would I like to learn?"**