



PERSONAL JOURNAL

WHY SHOULD I KEEP A JOURNAL?

Personal journals or diaries offer a unique first-hand perspective of significant moments in history. Examples of famous personal diaries are those from Anne Frank and Albert Einstein.

The current situation with COVID-19 is evolving daily and has already been described as a significant event in our history. By keeping a daily journal, you will be able to share your experience of living life through this time with friends and family in the future. You never know, your journal might become famous!

Writing a journal is an integral part of the reflection and learning process on outdoor education programs. Self-reflection is identified as a key component in personal growth and development. It is also useful for describing and releasing emotions, setting and achieving goals, clearing your mind and improving focus.

WHAT SHOULD I INCLUDE IN MY JOURNAL?

Your journal can include words, photos, drawings, quotes, news clippings, poems, songs, acts of kindness (done or received), and anything else you feel is either important or memorable. If you are unsure what to write, use this acronym as a guide:

- G** –How are you **GOING**? Include feelings and emotions.
- O** –What have you been **OCCUPIED** with in the last 24-48 hours? What have you done?
- L** – What have you **LIKED**? What went well for you?
- D** – What’s been **DIFFICULT**?
- E** – What are you **EXCITED** about in the next 24-48hrs
- N** – Is there anything you **NEED** (to do or get)?

The “**GOLDEN**” acronym is adapted from a personal “check-in” system designed by Dr Arne Rubinstein from The Rights of Passage Institute <https://ritesofpassageinstitute.org>

WHAT TYPE OF JOURNAL CAN I CREATE?

It is entirely up to you how you make your journal. Here are some suggestions:

- Handwritten notebook
- Video / Video Log (Vlog)
- Scrapbook
- Blog
- OneNote Notebook
- Various Apps

