

Keeping a Journal



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Reading

A good journal is like a roadmap, a golden thread through the labyrinth of one's own personal past. A journal that is kept and tended well will be fruitful, whereas one that is neglected and kept up out of a false sense of obligation, without any real thought put into it, will not yield any fruit to its writer.

Keeping a journal can improve your happiness, according to academic research, although what you write is important. Negative events in your life are best written about in analytical fashion. For instance, an attempt to identify why events unfolded as they did because writing analytically will increase awareness about factors outside of you that caused the negative event, and thus make you feel less negative about yourself. Positive events, however, are preferably not analyzed because analyzing would give you the awareness that a lot of factors outside you contributed to the success, instead just write about the feelings you experienced and attempt to relive the positive events.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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