Journaling 102

Journaling modalities, habit theory, and tools to support student growth, creativity, and goal setting through journaling

Kay Kamienski



What are you hoping to get out of today's journaling session?



Introduction

Who am I?



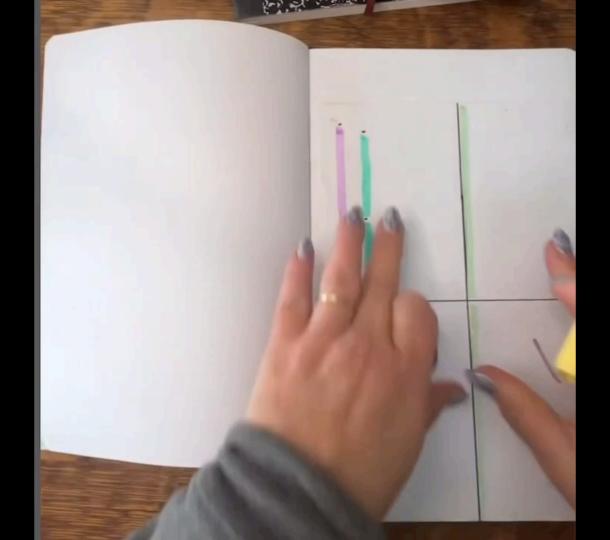


Every Learner Thrives





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Introduction

Essential Agreements for our session:

We will be curious with our writing.

We will be open-minded to new ideas.

We will record questions and thoughts without judgement.

We will take care of our needs as they come up throughout this session.

Agenda

For this session we will:

Review Neuroscience concepts related to journaling Discuss Habit theory and Habit formation Discover and discuss Journaling Styles & their benefits Examine Journaling prompts for different needs Address journaling tips and techniques for all learners

Session 3: Reflective journaling

Session Objectives

At the end of this session you will be able to:

*Utilize habit theory and brain functions to support student journaling *Understand the use of multiple forms of journaling *Identify benefits of different journal styles *Create supportive journaling prompts *Learn to collaborate with students to create journaling goals

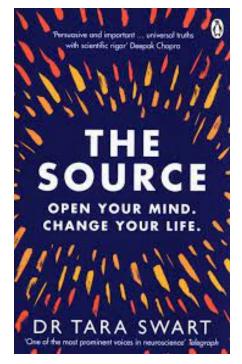
Helpful Supplies

For this session you will need:

-some paper or notebook
-a writing utensil
-markers/crayons for coloring
-pencil for sketching
-ruler/straight edge

Your brain on journaling

Resource Highlight:





drtaraswart 🕏

Follow Message

...

340K followers 617 following

1,637 posts Doctor Tara

(a) drtaraswart

Science & Tech REINVENT YOURSELF WITH DR TARACO Podcaster & song writer Author of bestseller 'The Source' Prof @mit_execcel Trustee @ladygardenfoundation Inktr.ee/drtaraswart

3 main brain processes that support journaling: ith scientific rigor' Deepak Chaon

Selective Filtering

Selective Attention

Value Tagging

SOURCE OPEN YOUR MIND. CHANGE YOUR LIFE.

the most prominent voices in neuroscience

and important

THE SOURCE OPEN YOUR MIND. CHANGE YOUR LIFE. 3 main brain processes that support journaling:

Selective Filtering

*reading a newspaper today vs. 100 years ago

Brain adept on filtering out info irrelevant to your survival

Journal support - keeping ideas, goals, thoughts and positive affirmations in the forefront of our minds

THE SOURCE OPEN YOUR MIND. CHANGE YOUR LIFE. 3 main brain processes that support journaling:

Selective Attention

Cognitive process in which the brain attends to a small number of sensory inputs while filtering out what it deems unnecessary distractions

Journal Support: keep goals and thoughts in the forefront of the mind

THE SOURCE OPEN YOUR MIND. CHANGE YOUR LIFE. 3 main brain processes that support journaling:

Value Tagging

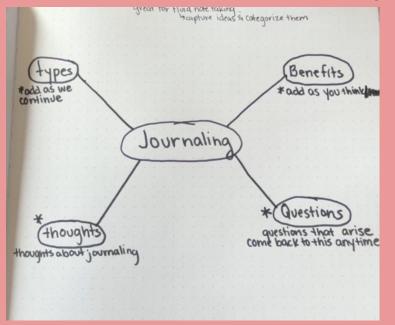
The importance your brain assigns to every piece of information it is exposed to i.e. people, memories, places, smells...

Journal support: recategorizing your priorities - placing goals and dreams over things like food/shelter/water (basic human needs)

Once something becomes a real possibility in someone's mind, they're able to achieve it - can have strong ripple effects for students

What can you make visible to your students through journaling?

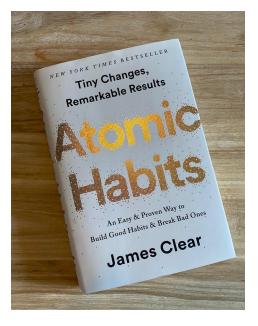
How can value tagging, selective attention and selective filtering support your student's journaling practice?



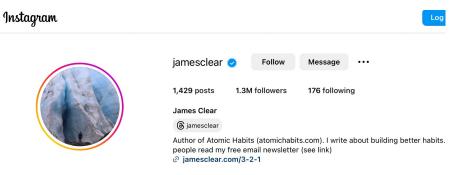


Habit Theory

Resource Highlight:



https://jamesclear.com/quotes

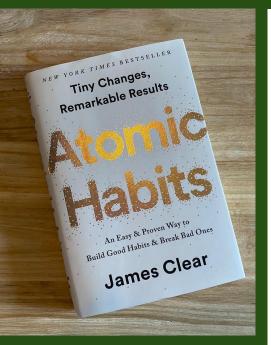


SET

SYSTEMS

NOT GOALS





Habit theory can drastically support students when attempting to incorporate a life long journaling habit.

Habit theory highlights worth considering:

Starting small

Consistency over perfection

Developing journaling cues

Creating routines (environmental support)

One sentence a day builds a habit better than writing to the perfect prompt.

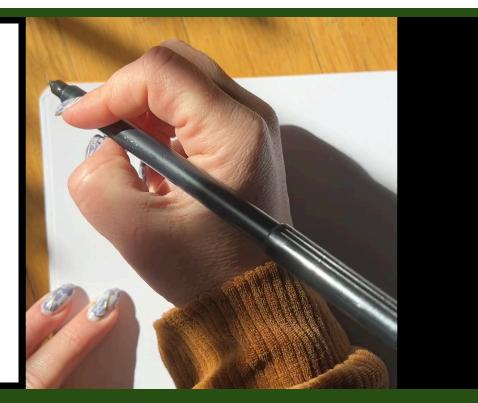
Habit theory highlights worth considering:

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Creating routines (environmental support)



Opening your journal is consistency. Writing in it is perfection.

Habit theory highlights worth considering:

Starting small

Consistency over perfection

Developing journaling cues

Creating routines (environmental support)

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Time of day. Location of journal. Items to collect for habit.

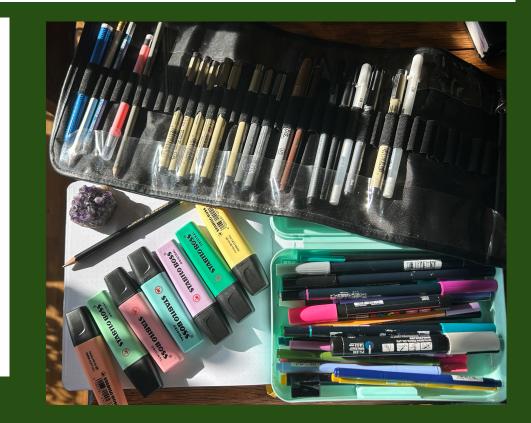
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Time of day. Location of journal. Items to collect for habit.

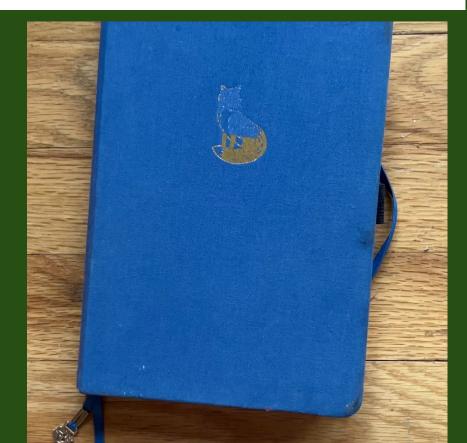
Habit theory highlights worth considering:

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Establishing rituals around journaling to create routines.

Habit theory highlights worth considering:

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Creating routines (environmental support)



Habit theory highlights worth considering:

Starting small

Consistency over perfection

Developing journaling cues

Creating routines (environmental support)

Tracking and Monitoring

Providing feedback and time to reflect each week is essential for continued growth.

What's important for the student's progress?

How can students identify successes?

How can students learn from mistakes?

Let's Write!

How can you support journaling habits with students?

Which type of habit support will best help you as a journaling facilitator?

Starting small

Consistency over perfection

Developing journaling cues

Creating routines (environmental support)



Journaling Styles

Daily Log Journal:

What: write about day/what happened

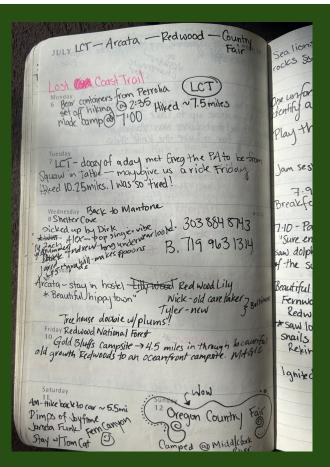
Why: builds consistency, supports memory

How: write everyday - you decide how much.



Daily Log Journal:

Important tip: start simple. Record one thing each day.



Daily Log Journal:

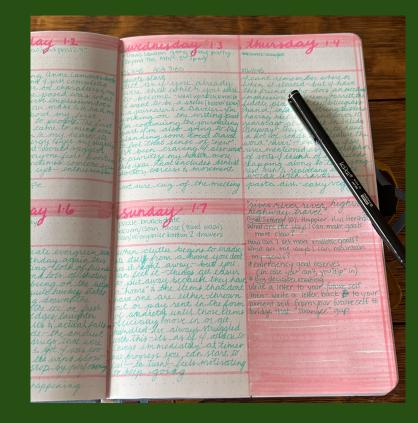
Important tip: Establish rules or agreements around what students can/should log daily

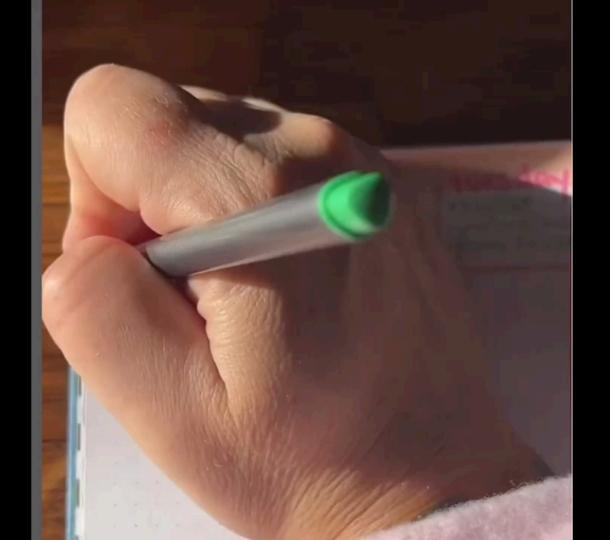
Opportunity to shift focus away from negative to positive thinking and problem solving.

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Daily Log Journal:

Important tip: as daily log exercise becomes a habit, you can increase complexity of the daily log.





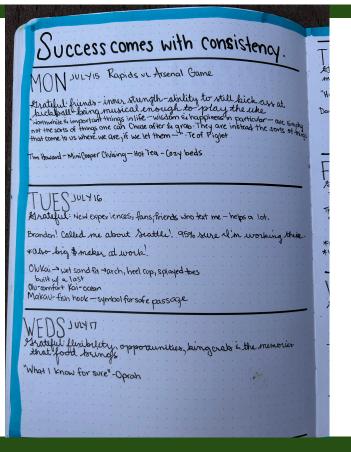
Gratitude Journal

What: write out who/what you're grateful for

Why: positive brain training and attention

How: daily, sporadic in sections

FR1 CM-4-10 7-12 Grateful friends who can help me move, walks with dogs, time - so. I can move, my health, my job > Aubrey & Russ & Impromptu hangs. moving emotional Silas Kenny vs. support support " Jummer "More & more surprised by Billy & less & less by La Geeking about Billy



Gratitude Journal

Important tip: change the language to support gratitude

Job toplications focus on how been tonding lead to training

back pocket poetry or unning into friends athe box. Monday @ box. early hangs post-dines . catching a hall with the tips of your fingers. being missed muscle memory friends. comfy couches. safety meetings ophone calls to the friends. possibility old dogs their with bloddy mix-josh faileds is kristen caring friend community having a place to stay smoking weed on comfy couches great tips backyard joint sessions forgiveness. donating books - learning new songs. good contact on a kick the sound a ball makes when you make a clean catch pacific occan space nedle views imersion into a new space wild fours

Stream of Consciousness Journal

What: write whatever is on your mind (or words you need to hear)

Why: sort out mental clutter - triage through writing

How: just keep writing

The was de way and to
write the words you need to
hear:
· it's ok to not have all the answers
·oil of these little steps will add up to a
bigger picture for you
·uou will discover a life purpose.
. you will continue to find more balance. with personal wellness.
you will be financially able to travel again
· you will continue to discover more ways to stay.
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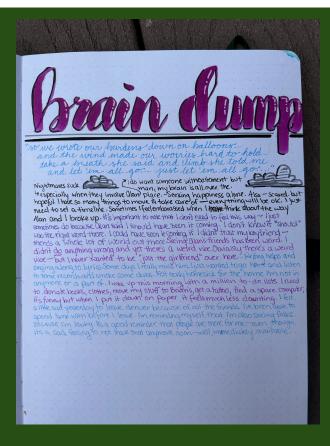
S.O. Consciousness Journal

Important tip: establish either time or length as your indicator to finish. Have your student decide but offer choice.

*Would you like to write for 3 or 5 minutes?

*Would you like to write 3 or 5 sentences?

*Would you like to fill one or two pages?



Research/Passion Project Journal

What: keep a journal related to a passion project

Why: remember information, write about interests

How: get excited!

ut improvement book of OCT/NOV. GREATLY IAKEAWAYS: as b think about What does values ability feel like? - What do you do with a? what doe is when I feel protionally exposed? Jour do i behave when im feeling wheorefortable uncertain? *How would your. life look different if you no longer evaluated your worthiness by weighing the reaction of the people in the stands? Do you spend time is energy trying to make the uncertain certain? what are your gremlins a what do they say to you to prevent you from moving forward? "foreboding joy in feeling vulnerable about waiting for the "other shoe to drop" (ship... if someone was still alive) What are two ways that you feed your spirit? how do you know that you ned more care? how do you know you are pell? t beat vulnerability to the p Gratitude can help us lean into joy who supports your daring N THINGS FEEL TOO GOD Perfectionism is more about <u>perception</u> than internal motivation, and there is no way to control perception, no matter how much time and energy we spend trying p 1300 What will people think t > I am enough. Der eu He cannot ignore our pain & feel compassion for it at the same time. "there's a crack in everything. that's how the light gets in

Research/Passion Project Journal

Important tip: Know your student! Help encourage research and passion projects based on what you know the student likes to do.

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1 hay advite close 1 hay eag yolk 2 tole lefthion juice 3/4 top disjon 1/4c veggie oil parmesan (nutri, yeast)				

Research/Passion Project Journal

Important tip: Scaffold projects for students. Help organize information and provide visual examples

E Mindset Therapy Work - <u>Scarcity Mindset</u> · Ican't do this · Ican't find a new job · people clont want to hire me · I don't have enough skills · I clont have the clothes · I need health insurance · I have a hard time stayling focused · [will lose Atan · people don't believe in me · I'm a failure	 Growth Mindset Ican do this when I give myself the time to do this. Ican find a new job when I don't let a denial conset me back Pcople will hire me when I show them how I call support them Ican leaven more skills by accepting opportunities to learn Ican find clothes to below he look popersional Ican focus on building myself when I think about it everyday
	 I can nurture my relationship by talking care of myself & by remembering to set aside time for doing things for him . I only fail when I don't continue to grow - I can grow from a "failure" People may not believe in me but if I believe in myself, that's the biggest believer I need
What did I learn? ·a lotabout how to manage my money ·ways to prep for camping · how to data daily ·how to trust someone again · cooking skills ·time management · need to work on more open communication · clean the house before you go on vacay/camping.	At any time you can gosee: Ivy&Jeff, MK, Tristy, Jenelle, Bobbie, Amy, Luna, LL, Josh Faulds, Brian & Jeff, Oliver, Nigel, Susi & Asam, Stong, Kristen, At any time, you can: go for a walk, gosit in the park, call a friend, read at Crema, practice lettering, pby ukelele, listen to a shaw.

Goal Setting Journal

What: setting yearly/monthly/weekly goals

Why: training our brains to focus on what we consider to be important

How: Student lead, teacher/parent supported





Goal Setting Journal

Important tip:

Goals can be fun! Help encourage goal setting with students by creating goals that support them as students, friends, family members, and personal advocates



Goal Setting Journal

Important tip:

Some goals should be easy! Help encourage goal tracking with students by creating goals that support habits they already do with near consistency.

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PM	Gratitude	100		0				×//	4.	111			•			0			e		1	17	
	Stretch									1/1					11h				•		1	18	
	Meditate						111		•		•		•			•		In	•		1	1	
	Imin Plank							1.		•	V//			111	////					10	1	1	
Try this!	Podrast (growth)	X		X		X												1					
	Cook a meal @ home			X		X)	X											199				-
/:	Listen to a record			X		X	- >	5	X														
- hayt	copy the alphabet			X	1	X	×													-		• •	
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Art Journal

What: free form journalistic expression

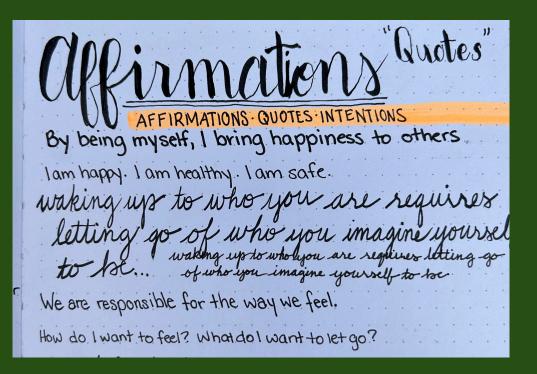
Why: available for non-writers, artists, rebel tendencies

How: blank page. Writing utensil.



Art Journal

Important tip: Utilize affirmations (positive statement of positive beliefs) to support art pages.



Art Journal

Important tip: When in doubt, color it out.

jere hoh s	iera line dot grid jesse
Congrats	
Janes J	ournal joint
happy	hopes will

Reflection Journal

What: Metacognition at it's finest with journaling. Reflect on your journal through daily, weekly, monthly, and yearly questions. What went well? What was challenging? What changes can I make?

Why: Teaches control, organization and agency

How: Ask questions and write. Reread your writing.

*we will dive deeper with this in Session 3.

Reflection Journal

Important tip: Help students focus on wins/gratitude first when reflecting.

*Priming the pump for thinking about challenges.

August & Summer Review What things/people/moments am (most grateful for from August driving up to the maintains with Bally for the first time to hang with flows annung option in mountain pay officially started to create a training on how to seach journaling to others which is technically one of my prims for the month but this was a moment too special hot to count twice Friends that help me grow. Got some old journals returned to me from my family. Shawn & I cooked A LOT which fell very nourishing i fun-aptinered lots of personal resources for my iournal project - books, friends, works s What are the "wins" from August? · I worked out (22) days out of 31-first time more than half what are \$ challenges from August/what did 1 learn from them? "mid month still feels hard - I'm. not sure, what I can add to help keep that motivation high - celebration? reflect? I want to. make it exciting. I had some lealous feelings of friends traveling in August but I'd. like to use it as motivation to keep working hardon. ny journaling so that next summer I can travel also! The been redeting nat a friend means to me which in turn has had me re-evaluate riendships" which can feel sod, - grieving a the loss of some people sed to hold dear as friends but are no longer leaving me feel

what are some goals for September? a chore wheel i'd love for Shawn & I. to both be more to take cave of nouschold. chores together. . Savor the willing it I want to hop in the creek, wear sandals shorts fully enjoy the lost little lost of summer. I also would like to while my substack & website to cair with my journaling introgram. I'd like to continue building connections with instance overhaling. Additionally - I want to start creating. office nexts session around journaling answering quation an attaining for relividuals. Look into parallel play for addite

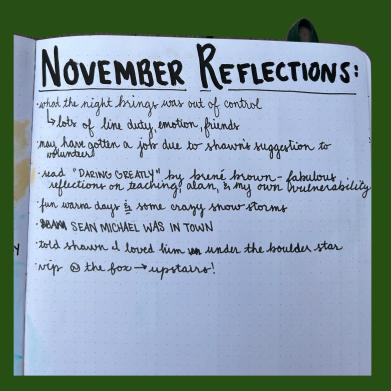
How do I want to spend my time in September? (want to work. like really find a way to conjour some redicated time to focus on myself. my brand, my journal Now is the time! I feel the energy in the air when I talk. about it with others. Really feeling the affirmation don't adapt b the energy of the room - influence it. I want to spend this month really investing in myself, my family in my blase. friends - I want to continue my morning voutine of waking up, brushing my teeth, feeding the dogs of drinking 420, reading, working out & journaling. H's the morning live always wanted.

What are some words you might need to hear?

You are smart, forn, & worthy of shaving your knowledge with others. You have the strength to go to d dectors start to heal fourself. You can find another therapist & continue to get the help you need to operate at your highest potential ou can restart your habits anytime you need them. Doing a

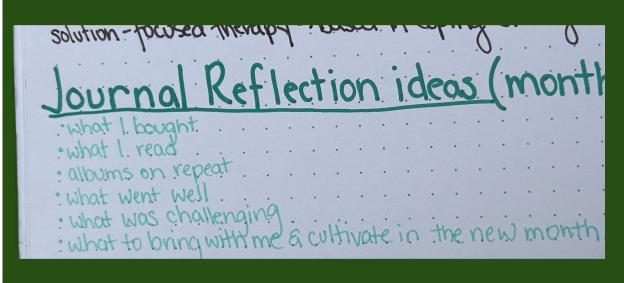
Reflection Journal

Important tip: Reflection begins with understanding our thoughts, actions and feelings. This can be VERY challenging for students. Modeling is extremely important.



Reflection Journal

Important tip: Encourage students to reflect on habits they'd like to create by tracking books, music, art, writing, homework





Prompts for **Beginning**:

-remember that 90 second timer? Write for 90 seconds.

-Pick a sense that's sticking out to you right now. Describe it in as much detail as you can.

-5 minute sprint - great for writers.

-What's on my mind?

-How do I feel right now?

-Stream of Consciousness/Brain Dump writing: set a 1-3 page goal of writing and just write whatever comes to mind - even if that's just not wanting to write.

-Three feelings: at the top of the page, record three feelings you're experiencing before writing. Write for a determined amount of time. Then write three feelings you're experiencing at the end of the writing time.

Prompts for **Reflection**:

-What are you grateful for? How does it make you feel?

-What I didn't say out loud today...

-The crabbiest part of today was...

-What am I feeling right now? I am feeling...

-What do I need right now? I need...

-What would I love? I would love...

-Peaks and Valleys - Write about a day/week/month's highs and lows - what made therm peaks? What made them valleys?

-"There's a crack in everything. That's how the light gets in." - Leonard Cohen. Have you had moments of darkness? Did a crack appear to let the light in?

-three good things - close out a tumultuous session by writing three good things that happened today

-write out a worry you have for yourself or someone else.

Prompts for Writing: Get Creative!

- -Write about your favorite book/song.
- -Would you prefer to be a giraffe or a 3-toed sloth or a...? Why?
- -Camera Capture: think of a moment when you were proud, happy, joyful. Write everything you can remember about that moment using 5 senses and emotional details.
- -Day Dream: what if.... Dreams. Jobs. Play Dates. Travel.
- -Start with a picture. What's happening on the other side of the lens?
- -Who's the most interesting person you've ever met? Describe them in detail.
- -Write a letter to your future self.
- -Write a letter to your past self.

Prompts for Conflict Resolution:

-Personal Q&A:

-What's a question I have about myself? A friend? A teacher? A family member?

-How would I (or someone I trust) answer the question?

-How am I feeling now? How do I want to feel?

-Self compassion:

-What's something that's hard for me right now?

-What can I thank myself for right now?

-Think of someone who's helped you before. How might that person help you solve this? Write down their advice.

-Different & Better:

-If I woke up tomorrow and things were resolved, what would be different and better? Be specific. -Let it Go list

-Think of things out of your control. Write them down. Let them go.

Collaborate with Students

Student Habit Tracker	udent Habit Tracker Week 1								2	
Habit:	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
				1					1	
Student Notes:										
Student Notes:										
Student Notes: Teacher Reflection:										

Student Habit Tracker (example)		V	leek	1	Week 2						
Habit:	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	
Came to school!	x	Х	x	Х		x	х	х	Х	Х	
Completed math practice work			х	Х			х				
Said something kind to a friend	х	х		Х							
Wrote one sentence in my journal	х	х		Х		х				X	
Practiced counting to 5 when frustrated with reading										X	

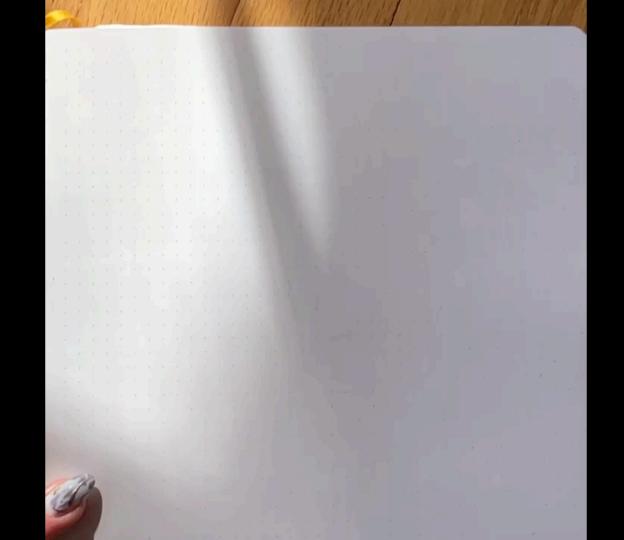
Student Notes:

-have students record anything that comes up when they check off their tracker. If they don't have any notes when first starting that's ok! Help them reflect with your own questions below.

Teacher Reflection:

*Identify gaps. Notice successes. Provide support for missing items. Encourage students to add/subtract habits for the following week.

What a great week! Looks like you made some excellent progress here. Where were you last Friday? I'm curious how you spent your day. I noticed you were able to use your counting strategy with reading today. That's great! How did you remember to use your strategy? Looks like this week was a little tough for friends. What did you say to friends last week that you might be able to say next week? I'm wondering if we should add or take away a habit next week. Is there something you'd like to focus on? I have suggestions if you're stuck. Let's track it together!



Let's Reflect and Review:

In this session we discussed:

*Brain processes that support journaling: selective attention, selective filtering, and value tagging

*Habit theory and how it relates to starting a journaling habit

*Different styles of journaling and how they can support different students

*Reviewed Journaling Prompts

*How to start journaling with students



QUESTIONS?

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