

there is a dove
that has been in
the sky
+ down with
the heading of
eye of emotion
wakes up
doing
of
for
to

let's journal!

journal writing motivation
establishing a practice



THE GALLERY
AT PENN COLLEGE

Cultivate a sense of wonder.
Give your thoughts a place to rest.
Clear your mind.
Be more present for yourself and others.
Storytelling for yourself.
Take a break from screens.
What we pay attention to grows.

Don't want to journal every day?

Try journaling...

once a year on your birthday

every season

new year's day

first or last day of each month

Or...

Consider writing one line a day

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