

Open Journalling Zine

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Chapter 1

Why Journal?

I feel that why a person journals is very individual, and my reasons (mostly what I present here), won't necessarily be your reasons. So the very quick answer is, "for whatever reasons you want."

Of course if you wanted that kind of answer you wouldn't really be looking at this 8 page zine (as I'm writing this) would you?

So, maybe let's look at what I had before.

I can think of really 5 reasons that I journal. They are to get stuff done, my wellbeing, creativity, documentation, and communication.

Let's just do a big overview here...

1.1 Why I journal

As I said above, it's basically 5 big reasons. To get stuff done, basically to have something that helps me focus on what I'm trying to get done in my life. I would say that is my main reason overall as I'm writing this, but it has been different main reasons in the past.

The next reason is for my wellbeing. Of late a lot of that has been about processing information that is getting in the way for me. Basically writing some ideas out.

The third reason I thing is creativity. This has been a reason in the past that I keep trying to put more focus on, but it keeps not happening all that well.

Documentation is a really important part of some of my journaling. It sort of comes with stuff that is above, but sometimes I will be doing stuff more so because I want to document something rather than any specific one of the other reasons.

Then there's the communication. That can be for me both "internal" communication (ie. talking things out, or making things clear for myself), and external communication.

I guess I can look more at the different reasons, but they kind of overlap in a lot of ways. Keeping them separate is just a way to have different aspects easier to locate I guess.

1.1.1 Getting Stuff Done

A lot of what I have done in terms of this comes from *The Bullet Journal Method* by Ryder Carroll. Well, the process I am using for that mostly comes from his work, the reason that I started to look at a journal as the means to accomplish that, actually probably largely comes from his work as well.

So for me, I will often get some ideas (lots of ideas just get lost), that I want to do something with. Not writing them down, really just means that they kind of disappear.

Various ways of writing them down have been tried, from simple lists, to stuff like daily planners. None have really been great. The simple lists can be good for stuff like, "I want to pick this stuff up when I go downtown," but even with that it seems useful to have means of updating it while doing the task (I have some very small journals for this purpose, about A6 sized).

So, having some way to work with getting some stuff done is a very important part of my journaling experience. Right now probably the most important reason.

1.1.2 Wellbeing

Wellbeing has been a reason that I have kept a journal in the past, and it has been the main reason that I have kept it at times.

Sometimes that has been similar to how I'm currently using it when I do use it for wellbeing. That is writing a bit of a log about what is going on, to process my thoughts.

Other times it has been more of a matter of using it to track things such as whether I'm taking my medications, or going for a walk. It also has been used to much less effect to track the days that I have flares of my health problems.

Any of these things are really important to me to be able to have my journal work for me.

Part of that leads to some of my reasons as to what I have been doing in terms of how I am handling my journal.

1.1.3 Creativity

This is often a goal I have with my journalling. Probably the biggest direction that my journal goes, in terms of creativity, has been in terms of actually the creation of the journal, and my figuring out what is working or not working with it.

I really would like to have other creative projects that it helps to contribute to, but right now there's not much of that going on.

Having the space to handle that has been important in why I journal the way that I do.

1.1.4 Documentation

The big thing here that I really want to have with this is probably two different things. Documenting how things are going with my life, so connecting to the wellbeing stuff, and the getting stuff done.

Then I also want to have stuff documenting stuff that I don't really do often enough to have reasons to have it ready at my brain tip.

Some examples of the first, is just noting that with keeping track of what I planned to do, and to some extent what I actually did (more so in regards to whether I did what was planned or not).

Also with recording those getting thoughts out part that I mentioned in the wellbeing subsection, helps to record those thoughts so I can look at them without too much difficulty.

The more looking at processes could be recording stuff about making the journals, or writing about what I'm doing with a computer to update the way things are working (as I'm doing this, I'm doing a new setup on a computer and that's been important to note what I'm doing).

1.1.5 Communication

I rarely (though I can't say never) directly write stuff in my journal that is for another person who will read it from the journal. Occasionally when I have created a drawing or something in my journal, I will share that, though in a lot of cases unless the journal is specifically for a specific project, by making some copy of it and sharing the copy.

A more common thing I do, is writing stuff down that I intend to figure out what to say to someone. Or what more happens, is to have some record of something that I want to make sure that I'll be able to review in the future.

1.2 Why I Journal How I Journal

This sort of will go a bit into how I journal, but not so much that it gets into details, but some basics.

One thing that I keep coming back to, is the physicality that at least for me is important. I sometimes try to pull the process into a digital form, and do so to some extent with regards to the projects like this one here.

I guess that looking at the physicality, the portability, the flexibility and the possible alternatives.

1.2.1 Physicality

1.2.2 Portability

1.2.3 Flexibility

1.2.4 Possible Alternatives

Appendix A

No idea what we're
putting here

Glossaries

The glossaries should print just after this. If things are working it will have a main glossary, and a glossary for acronyms.

Bibliography

Other Titles