

## Ideas for Journal Writing

Something you can do to improve your writing is to keep a personal journal. What you choose to write about is entirely up to you. It can be fact or fiction – the goal is to write, write, write about anything that interests you in your moment of writing. Try to write daily, even one or two sentences, anything to get your writing juices flowing. Don't worry about grammar or spelling, the goal is to free-form write.

Here are some examples of what you can write about:

- Your day
- Your family, a relative, a friend, a celebrity
- Your city or country
- A world event
- A news item
- A place you've visited, a place you want to visit
- The work you do
- Where you want to be in a year/5 years/10 years
- A hobby or sport you do
- Your favourite food, a recipe, a perfect meal
- A pet peeve
- A favourite season
- Something that bothers or excites you
- A good deed
- A dream or nightmare
- A favourite place you like to go to in your community (park, beach, restaurant etc)
- A typical day for you, on the job or at home
- A pet you have or had or want
- A favourite movie or TV show
- A topic of your choice

Who, what where, when, how and why are questions you can answer about the topic you choose to write about. You don't need to answer all, a few will do or only even one.

Your journal is personal and anything you express in it is only between your teacher and you. Your teacher will comment on content and not focus on grammar. The point is for you to feel liberated in your writing and not to worry about form.