Personal Journaling as a Tool for Professional Development

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We’ll start where you might be now
By considering images you may have in mind when you hear the word “journal”
But we’re talking about work. The professional arena.
In fact, journaling for personal and professional development not entirely dissimilar
This preview brings us to what we’ll be covering today

- Why journal?
- What’s in a professional journal?
- Journal options
- Making time and place to journal
- Using what you write for professional purposes
- Prompts to spur writing

Anything else?
(Briefly) starting with my story
Why I journal

- Record events, activities, thoughts
- Begin difficult projects
- Get things off my mind
- Process what’s going on

Gain insight through perspective
And What About You...
So what does it mean to journal for professional development purposes?

Recording what’s important at work

• Significant events
• Meeting, conference notes
• Achievements
• Fears, worries, anxieties
• Anything relevant to professional life

WHAT ELSE?
Professionally related content you might include in your journal

• Agenda for a meeting
  Your thoughts?

• Outline for an article

• Strategies for recruiting volunteers

• Self-assessment of project work

• Ideas for dealing with difficult person
What types of content can you include in a journal?

I'm a normal text
I'm a bold text

Anything else?

Life is not mystery to be solved, but a reality to be experienced.
The “Process”
Means of capturing and recording your data (1)

Freewriting is writing without pausing for a predetermined amount of Time / Words / Angst.
Means of capturing and recording your data (2)
Means of capturing and recording your data (3)
Means of capturing and recording your data (4)
Means of capturing and recording your data (5)
Means of capturing and recording your data (6)
Any other ideas?
Where to put your journal entries
Sunday, October 4

Fear and worry about all the writing. Simply need to lean into it. And avoidance of the journal articles. Not really wanting to do them. Writing fast and not really thinking but just going with the flow as I observe. Writing faster perhaps is the key. Doing walk through on Portland speech – and needing to do some reading on organization of individuals to whom I will be speaking. That is it. So be it. And let it flow. That is what is key. Just to write and to write and to write and to write. Crank it out on journal articles later today. What I am avoiding.

Thinking of that seminal story – went to the conference and figured it out – ah hah moments in student learning about leadership probably too vague maybe then the influence of the affiliate relationship. Perhaps that is it. I don’t know.

Photos to computer today. Figure that out.

Okay. Need to read the journal articles to get ahead. It’s as simple as that. And yet I continue to have that feeling in the pit of my stomach. How can I shake it? Can I shake it? Is something really wrong with me? I don’t know.
Journal option (Moleskine)
Journal option (generic notebook)
Journal option (loose leaf binder)
In short, too many options
You need System

My name is consistency, I am related to success. We should hang out more than... every once in a while.
Yet major challenges await you

Finding The Time

Your thoughts?
And finding a place to journal

Your thoughts?
When you might use what you include in your journal for professional development purposes

- Assessing job satisfaction and performance
- Completing performance reviews
- Writing articles
- Contributing to social media
- Developing presentations
- Identifying subjects to study
- Anything else?
Some prompts for when you feel stuck

• Describe what concerns or worries you right now
• Describe what excites you right now
• Describe what you’re avoiding right now
• Explain what you did yesterday and how you felt
• Discuss what you have planned for the upcoming day
Most importantly, remember there are no rules related to journaling.
So make it your own
Additional resources


Thank you and see you next time.