

THIS YEAR I WILL ...

KEEPING A JOURNAL: "AT FIRST I DIDN'T HAVE MUCH TO SAY"

"It started when I went back to college," professional photographer and speaker Mark Sincevich explains. "I had a lot of aspirations, but I wasn't very successful keeping them in the same place. I took a class on journal writing. The best advice the instructor said was to always keep your journal with you. At first I didn't have much to say. I just stared at it. Then I started using it as a sort of scrapbook pasting in train tickets, photographs, and even flowers. I began commenting on the things I put there. I kept at it because I felt that I was digging at the surface of tremendous power. After a few months of commenting and always carrying it with me, I formed a habit. I realized I was tapping into my inner voice, that river of imaginable ideas. It's now sixteen years later and I have filled over forty journals. I use it to relax when I am stressed. It allows me to put all of my thoughts in one place and to sort out exactly what I want to say. I use it to do my draft business and marketing plan and to plan my budgets, both personal and professional. I have various reminders and lists in my journal. It helps me make sure that I am headed in the right direction in my life!"