

CREATIVE JOURNALING

Course Description

Creative Journaling is a course for considering and expressing some of the gifts, challenges, and opportunities of our later years. Each week, students will be given a broad topic to explore through writing and—optionally, according to individual choice—other forms of creative expression, from music to photography. Students will then share their work during class in an informal, encouraging environment.

Weekly Questions (one per week)

1. Who and how am I now, today?
2. Who and how do I want to be a year from today?
3. What is a life lesson that I am still learning?
4. How am I helping to co-create the world?
5. How do I find meaning and satisfaction through creative expression?
6. What is the (literal or figurative) song I want to sing to and for the world?
7. What is one of my happiest memories, and how does it continue to resonate in my life?
8. What sermon, reflection, homily, or discourse would I like a leader of my faith or philosophical perspective to deliver?
9. What is the hardest aspect of my life now?
10. How can I transform in some meaningful way, or find a gift in, the hardest aspect of my life now?
11. What is most satisfying about my life in the present?

Process

(The time spent each week on this course can be as brief or as long as your interest and schedule allow.)

1. Write with abandon about the subject for the week.
2. Edit your rough journal entry/entries on this week's subject in order to express your thoughts clearly and accurately.

(Steps 3 and 4 are optional but encouraged.)

3. Find a way to expand the written expression of your ideas and emotions: perhaps through creating a poem from some of your passages, taking or finding photographs to accompany your writing, creating or playing music to express your thoughts and emotions, painting or drawing a picture, dancing, writing a short dramatic scene based on what you have written, or using another form of expression that appeals to you.
4. Share what you have written and created with the class. You may read/present your work live, through a video or an audio recording, using PowerPoint, or by other means appropriate to your work and the Zoom environment. The first course session will include a brief overview of some possibilities for sharing your work.