



## DEAR DIARY JOURNALING WORKSHEET



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



## DEAR DIARY JOURNALING

Dear diary style journaling is what a lot of people think of when they think of journaling. It's what we remember from childhood. Our locked little journals that we hid under the mattress where we spilled all of our secrets. I think people's perception of this being what journaling is what may turn some people off from journaling because they don't think they have any interest in Dear Diary style writing.

Well this style of journaling of course has its benefits. The Dear Diary type of journaling can easily branch off into many of the other forms of journaling mentioned in this course.

Enjoy!

*Christa Potter*





▷ Dear Diary...

A series of horizontal dotted lines for writing.





A series of horizontal dotted lines for writing, spanning the width of the page.





A series of horizontal dotted lines for writing, spanning the width of the page.





A series of horizontal dotted lines for writing, spanning the width of the page.



