



JOURNALING ON MOVIES & BOOKS WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING ON MOVIES & BOOKS

Why do we read books, watch movies, and listen to music? Well there are many reasons. Quite simply we could say it's for the entertainment. But on a deeper level we can say it's for the emotions they evoke in us. How it makes us feel. The way it changes how we see the world. The things it helps us learn and realize about ourselves, our lives, and our relationships. They speak to us. But often what they communicate to us is lost once we turn off the movie or close the book.

Why not journal on what you gained from the movie you just read or the book you just finished reading. That song that moved you so powerfully? What was it causing to bubble up inside you? What did it mean to you? What did it remind you of? How did it inspire you?

I invite you to take your entertainment to a new level.

Enjoy!

Christa Potter





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▷ What book has had the most influence on you? In what way?.

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