



Dellgirl Publishing

At the Starting Gate Newsletter

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Journaling

Hello Friends, Welcome Back

Inside this issue:

Welcome Back	1
Why Journal?	1
How to Journal	2
My Two Bits Worth	2

I'm very excited that you allow us to share our tips, ideas, and stories with you each week. I also hope you enjoy reading them half as much as I enjoy writing them. Please feel free to write us with any tips or ideas on how we can make this newsletter more meaningful to you. We would love to hear from you.

I promised to motivate you and coax you into getting started writing your own book. Here I am, hoping to do just that. So, why not start today even if you only have time to write a page or two! That's a start!

Let's get on with today's tips!

Last week we talked briefly about what to do when negative people spill their negative juices all over you and you find yourself in a foul mood, unable to produce positive quality work. Our solution? Journal away your frustrations. Clear your mind of all the negativity you have absorbed recently and set the stage of your mind for new creative ideas.

Get the nasty feelings out!



Why Journal?

- *Journal away negative comments and thoughts*
- *Journaling gives the nasty stuff a place of it's own to rest - away from your good stuff*
- *You might eventually use the negative material in your writing*
- *The ultimate victory over "nay-sayers" would be to turn the negatives into something positive*



Why Journal?

You might think journaling is unnecessary, that one can simply put the negatives that assail you aside, forget them, and move on with your writing. While this *is* possible, there is a better and more effective solution, journaling.

Journaling away the negative replaces the *junk* with fresh ideas whereas putting it aside only clears the way momentarily. It will return unexpectedly out of the blue to weave its way through your thoughts intermittently, occupying time that could be better spent writing. Journaling gives the nasty stuff a place of it's own to rest - away from your good stuff.

A final good reason to journal is that one day you might find a way to use some of the material in a story, an article, or in your poetry. The ultimate victory over "nay-sayers" would be to take the negatives and turn them into something positive and constructive.



***Unable to produce?
Journal.***

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How to Journal or Vent

When we hear the word “journal” most of us immediately think of writing a diary, putting our every thought and our feelings on paper or on our computers. The basic premise is the same, but journaling in this case is so much more. Let us explore the nature of how journaling works and how to vent.

To start with, we must be clear and concise when we journal, to vent our frustrations with “people who rain on our parades and the nay-sayers.” Journaling provides a place to put the “meat-of-the-matter.” Nothing more, nothing less. It is here that we write what we *wish* we had said to them. We spell out exactly what we would like to *do* to them. We say how and why we would do it. We tell them what we *think* of them and their ideas and opinions about us and our situation - on the journal page.

Do this quickly, without a lot of thinking, lest we wallow too long in the quick-sand of self-pity.

Once this is done, we are finished with the journal for that session. Many times we will find ourselves over the angry thoughts long before we finish writing all the things we could have, would have, or should have said or done.

Leave the issues there - at the journal page.

Journaling provides a place to put the “meat-of-the-matter.”

Nothing more, nothing less.

Leave the issues at the journal page.



At the Starting Gate

By

Leona G. Shankle

Get your copy today at:

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My Two-Bits Worth

Never Argue With Nay-sayers

It is never a good idea to banter back and forth or argue with nay-sayers.

- It is not a safe thing to do.
- Doing so will only serve to frustrate you more.
- It will leave you in a worse place, feeling worse than before.
- Arguing gives them more ammunition than they originally had.
- Your arguing will be taken as a sign that they were right, that you are not really sure of yourself.

Until we write again,

Leona



Arguing with “nay-sayers” will leave you feeling worse than before.

This Week's Survival Guide

- *Be clear & concise when journaling frustrations*
- *Write only about the “meat-of-the-matter”*
- *Write quickly without a lot of thinking*
- *Leave the issues at the journal page*
- *Never argue with nay-sayers*