Torrington Rotary Club



"Raising Writers"—A Literacy Project Sponsored by District 5440.

Why Journal?

Journaling or writing about one's feelings or activities can help you learn to handle life events. It can help you:

- Clarify your thoughts
- Express your feelings
- Make positive choices
- Reduce Anxiety
- Make decisions
- Encourage creativity
- Dream about the future

Journaling can become a lifelong coping tool and one you might come to enjoy. You will write for an audience of one—yourself!

The four-Way Test
of the things we think, say or do

1. Is it the TRUTH?

2. Is it FAIR to all concerned?

3. Will it build GOODWILL
and better FRIENDSHIPS?

4. Will it be BENEFICIAL
to all concerned?



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