

# Journaling Workshop

## Decolonizing Diet Project-February 10, 2012

### I. Beginning Thoughts

Journalism	Creative (Show vs. Tell)	Pulling in Readers
Who	Sight	Love/Affection
What	Sound	Joy
Why	Taste	Sadness
When	Touch	Fear
Where	Smell	Anger

### II. Your relationship with writing

People learn to write by writing  
Writing is a tool for thinking  
Writing is a process  
Writing and reading are related  
Practice the skill observation to help you build on your writing

### III. Stuck? How would you answer these questions?

Did something funny happen on the way to the kitchen?  
Has this project/experience somehow impacted another area of your life?  
Why do you *feel* the way you feel?  
Have you made any (changes in) goals? What are they?  
What if you were writing a letter to a family member, friend or former teacher?  
What is your attitude about this project? Meal? Experience?  
What are some of your personal beliefs?  
How do they connect with this project?  
Identify some of your deepest values. Have any changed or been enhanced through this project?

### IV. Examples to review

Good example of a bad example  
Good example of a good example

### V. Remember!!

You are required to discuss activities of the project, but make it fun and don't be afraid to be creative.

### VI. How your writing can connect to your photos...