

Travel Journaling

Have any of you spent any time journaling? If so, then you know how therapeutic it can be in organizing your thoughts and creating an internal peace. Some artists use journaling as a way to keep their creativity flowing. Keeping a journal of your travel experience has many advantages.

Objectivity

When you journal, it helps you see your life more objectively as a story. It helps you gain perspective. When you have difficult times at a facility or a place, you may even say to yourself, “bring it on,” it makes for a good story instead of wallowing in self pity.

Tracks your History

Having a log of where you have been and who you worked with can be a very helpful tool later. This information can come in handy in the future. One time I worked somewhere that required an extensive background check. I had to list all the places I had lived over the past several years. Also, one time I had to do a deposition and they wanted to know my background and where I had worked. If nothing else, it is a great thing to look back on. After all, you won't be traveling forever; something will eventually take you on a different path.

Also, what if you want to contact someone you used to work with for a referral or a job, it helps to remember their names. Some people are great at this while some of us would have an advantage if we took the time to write it down.

Sharing

Sharing your journal with other travelers could actually be helpful for them to learn from. That is if you just journal about your working and traveling experience. Sharing stories can be very insightful and a good learning tool among travelers.

A few good references for journaling are as follows:

<http://www.livejournal.com/> - offers live online journaling space

<http://www.travelpod.com/>

<http://www.scrapjazz.com/> - scrap books (another way of journaling)

You have an interesting life as a traveler, make a book out of it and share it with others or keep it to yourself as a reference and an objective perspective. It could be therapeutic and or fun.