

Any particular form may have these virtues: (1) Keeping the diary habit alive (since diaries die chiefly from lack of imagination, getting stuck in a rut); and (2) Keeping you from hobby-riding narrowness....One form of diary, such as we've used in MidCareer Exploration, is the "Log" (daily) + "Q Sheet" (the day before each session: questions, quotations, quandaries, quagmires--whatever one hopes to get help on and help others with)....Here's a form I've found helpful both personally and in groups:

1. TODAY, MY MOST INTENSE (VISCERAL, SBVR) EXPERIENCE WAS

2. Why?

MY MOST IMPORTANT EXPERIENCE WAS

4. Why?

5. THE MOST DISTURBING THING THAT HAPPENED TO ME TODAY WAS

6. THE MOST SATISFYING THING THAT HAPPENED TO ME TODAY WAS

7. THE SHARPEST QUESTION TODAY HAS RAISED FOR ME IS

8. WHAT I MOST WANT TO SAY TO GOD RIGHT NOW, ABOUT TODAY AND TOMORROW, IS