

Reflection Sheet: Find Your Journaling System as a Writer

This reflection worksheet helps you find a journaling system that truly fits your writing process. It's not about perfection, but about developing a method that supports you, keeps you motivated, and adds structure to your work.

1. Your Approach to Ideas

What role do spontaneous ideas play in your writing process?

When do ideas occur to you most often?

How do you currently deal with spontaneous ideas?

Do you sometimes lose ideas? If so, why?

What would help you capture ideas more quickly?

2. Capturing and Developing Ideas

How would you like to collect your ideas?

Would you prefer to note ideas spontaneously and unfiltered—or develop them in a more structured way?

What kind of content would you like to capture? (e.g. scenes, characters, dialogue, sketches)

How often would you like to review and develop your idea journal?



3. Your Perspective on Progress

How do you perceive your writing progress?

Do you sometimes feel like you haven't accomplished anything?

What kinds of progress might you be overlooking? (e.g. planning, revising, developing ideas)

How could making your progress visible help you?

4. Your Journaling Structure

Which format suits you best?

- an idea journal
- a progress journal
- a combination of both

Why does this option fit you?

Would you prefer to keep everything in one journal or separate them?

What kind of structure helps you the most? (e.g. ideas, characters, planning, progress)

5. Workflow & Format

How would you like to keep your journal?

- analog (notebook)
- digital (apps, documents)
- a combination of both



Why does this format feel right for you?

How regularly would you like to use your journal?

6. Your Approach to Perfectionism

How do you approach your journal?

Do you feel that your journal has to be “perfect”? Does that put you under pressure?

What would change if your journal simply had to be functional?

Evaluation

- **Many answers related to ideas and spontaneous thoughts** → An idea journal suits you best: You benefit from capturing thoughts quickly and developing them later.
- **Many answers related to progress, motivation, and overview** → A progress journal is ideal for you: You stay more motivated when you can clearly see what you’ve already achieved.
- **You see yourself in both areas** → A combined journal is the best solution: You need space for ideas as well as structure for tracking your progress.
- **You’re still unsure or have mixed answers** → Try different approaches: Your journaling system can evolve—what matters is that it supports you without putting you under pressure.

Final Thought

Your journal should support you—not hold you back. There is no right or wrong, only the system that works for you. **Try different approaches, combine methods, and adapt your journal** so it can support you in the long run.


For more in-depth tips, see the related article:

> [Journaling Instead of Note Chaos: How Authors Organize Their Inspiration](#)

Would you like to stay informed about useful tools and resources for writers, new releases, insider content, and exclusive offers? Then check out our **newsletter** here:

> <https://www.grin.com/en/newsletter/>

 Website: <https://www.grin.com/selfpublishing>

 Contact: info@grin.com

 Publisher’s office: München

