

LEADERSHIP JOURNAL - RESOURCES

GENERAL RESOURCES (INCLUDING IGNATIAN)

Title	Author	Publisher	Year	Link
The Spiritual Diary of Saint Ignatius of Loyola	Joseph Munitiz		2013	Link
Review Prayer by Keeping a Journal	Kevin O'Brien, SJ	Ignatian Spirituality		Link
To Be An Effective Leader Keep A Leadership Journal	Henna Inam	Forbes	2017	Link
The Benefits of Writing	Jordan B. Peterson & Raymond Mar	Self-authoring.com		Link
Want to Be an Outstanding Leader? Keep a Journal.	Nancy J. Adler	Harvard Business Review	2016	Link
Learning Journals – a handbook for reflective practice and professional development	Jenny Moon	Routledge Falmer – second edition	2006	Link
Keeping a learning journal. A guide for educators and social practitioners	Mark Smith	The encyclopaedia of informal education	1999, 2006, 2013	Link
Reflective Practice. A Guide to Reflective Practice with Workbook For post graduate and post experience learners.	Gill Bishop and Joanne Blake	University of Huddersfield	2007	Link
Reflective Practice. Writing and professional development.	G. Bolton	Sage	2005	Link
Creative journal writing: The art and heart of reflection	S. Dowrick	Jeremy P. Tarcher/Penguin	2009	
Writing to Grow. Keeping a personal-professional journal	Mary Louise Holly	Heinemann	1989	
How to Keep a Spiritual Journal. A guide to journal keeping for inner growth and personal discovery	Ron Klug	Augsburg	2002	

QUOTES

- "...they [pages of the Spiritual Diary] were written by the man who had recently founded the Society of Jesus, at a time when he was extraordinarily active, both with personal apostolic work in Rome and with the taxing occupation of governing the young Society." - J. Munitiz
- "The unexamined life is not worth living." – Socrates
- By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third, by experience, which is the bitterest." – Confucius (551-479 BC)
- We do not learn from experience, we learn from reflecting on experience." – attributed to John Dewey
- A journal is also a tool for self-discovery, an aid to concentration, a mirror for the soul, a place to generate and capture ideas, a safety valve for the emotions, a training ground for the writer, and a good friend and confidant. - Ron Klug (2002: 1)
- (A journal) is a reconstruction of experience and, like the diary, has both objective and subjective dimensions, but unlike diaries, the writer is (or becomes) aware of the difference. The journal as a 'service book' is implicitly a book that someone returns to. It serves purposes beyond recording events and pouring out thoughts and feelings... Like the diary, the journal is a place to 'let it all out'. But the journal is also a place for making sense of what is out... The journal is a working document. - Mary Louise Holly (1989: 20)
- By keeping records, I am able to monitor my practice. The act of writing something down often crystallises a particular problem or issue or enables me to see where a particular piece of work has not achieved its objective... Through this process I can identify my strengths and weakness', and areas in which I could benefit from further training. - Patsie Little (1995: 36)
- Without restrictions or censorship your mind can race—or slow down. It can step outside boxes or turn them sideways. It can make utterly fresh connections or simply pause, allowing you to see what is familiar with new eyes. It can train you to observe with subtlety all kinds of situations. And it can help you to learn something of value even from the unwelcome ones. (Dowrick 2009: 3)