

PREVIEW

Everything You Need to Know About

Keeping a Diary



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“What is a diary as a rule?

A document useful to the person who keeps it. Dull to the contemporary who reads it and invaluable to the student, centuries afterwards, who treasures it.”

— Walter Scott

“People who keep journals have life twice”

— Jessamyn West

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How to write a diary

Make a commitment to write journal regularly.

Set up a schedule that suits you and follow it. Don't skip writing sessions if you don't know what to write about — just start with a rough paragraph and keep developing it (see “Write” section below).

Choose tools that are convenient and inspiring.

For instance, Mémoires, our journaling software, is a simple and effective tool that keeps you focused on your journal's content, not the application itself.

You'd want to keep your journal on your computer, and here's why:

- it's searchable (easy to find everything you wrote about);
- secure (no need to hide anything, just remember your password);
- editing and rewriting is easy.

However, you may need a small paper notebook when you're away from your computer — try tiny Moleskines or Field Notes. Just remember to type entries back into your journaling software.

Just write.

Writing is hard, but it becomes easier as you write more.

“The beginning is the most important part of the work.” — Plato.



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Open your journal, type in a few words — just your thoughts — and you'll get into the flow. You don't have to keep your first paragraph — it's just for a warm up.

Add photos to your diary

A picture is worth a thousand words.

We are lucky to live in the age of digital photography — you can take millions of photos at no cost. Not everything can be described with words, keep some of your pictures in your journal.

Try different styles.

In your journal entries talk to yourself, your journal, or some imaginary or real person. Write as you would write a letter, or a newspaper column. Try different styles to find your true voice.

Review your journal.

Review your journal regularly (for example, once a week) to get inspiration. Keep notes about your feelings (you can even write them down in a new journal entry).



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What to do if you haven't updated your diary in a while

If you haven't written anything in a while in your diary, and start writing again, you may feel the urge to write about every little thing that has happened since you last updated the diary. Resist that urge, because blank spots in your diary have just as big a story to tell as your daily entries do.

Maybe you were busy. Maybe you were lazy. Or something happened. That's okay. You don't have to chronicle those lost days with a recap of the events.

If you want to write about what happened, do it, but fight the obsession to describe every little detail.

Why? Mostly because this will keep you from procrastinating. When you want to write again next time, you won't be held back by thinking that you'd have to write a lot to describe the past events.



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What is the difference between a diary and a blog? Why should you keep a diary even if you already have a blog?

Blogging has become increasingly popular during the last few years. However, there are some reasons why you may decide that keeping a personal diary is preferable to blogging, or why you should keep a diary in addition to a blog.

First, there is the element of privacy. While some people are not bothered by making every thought and action public on a blog, most people have some reservations about it. Even if you like to share most of your everyday life with your friends, it is likely that there are many things you want to keep private. You may also not like the idea of people whom you do not even know having access to your online blog. A private diary solves this problem. Whether you choose a ready-made diary software (with password protection feature) or a simple paper notebook, you can reasonably expect that whatever you write does not go any further than your own eyes. Even if you have an online blog, you might like to have a personal diary also, for this reason.

Second, a diary can be preserved. You might want to look back on what you have written, or pass your diary on to your children or grandchildren.



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Famous people have done this for generations. Even if you do not become famous, having something special, which you yourself have created, is important. You do not have this security with online blogging. It is not something that you can hold in your hand, or tuck away for the future; and blogging services disappear (for example, Posterous, once a popular blogging service, deleted each and every blog they hosted after they were bought by Twitter in 2012.)

Almost everyone likes to write about themselves. This can include activities, hopes and dreams, and accomplishments. It can also include your viewpoints on many different subjects. While there is much of this that you may want to share with others, there is probably also much that you want to keep private. Whether you decide to publish a public blog or not, keeping an offline diary should also be a part of your life.



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Types of diaries

There are many different types of diaries. Here are some of them:

Travel diaries, Road diaries, or Travelogues

Travel diaries include many records made by voyagers. Generally speaking, these diaries are centered specifically around the courses of where a person has traveled, usually including experiences that occurred along the way.

Food diaries, Diet diaries

This type of diary is basically a daily record of all the types of foods and drinks consumed by a person, usually in order to estimate calorie consumption; while tracking calorie consumption, a person can see how far he has come in his weight loss struggles.

Workout diaries, Exercise diaries

Workout diaries are the type of journals where one explains the exercise he or she has recently done, including the duration of the workout, and possibly other information, such as how many calories he or she believes has been burned, or how the person felt after the workout.

Sleep diaries

A sleep diary is a log of a person's time spent sleeping and waking, possibly including other information, usually done over a period of many weeks. Generally, sleep diaries are kept by a patient, having been given by a doctor,



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psychologist, counselor, etc. Ideally, they are used for diagnosing people with a sleep disorder, like narcolepsy or insomnia.

Personal writing diaries

In these diaries, people can write about their thoughts about anything they want. For example, someone may write about a crush he has on a girl.

Creative writing diaries

Creative writing diaries are used to record stories, poems, lyrics to songs, or drawings. Often people get thoughts that come to mind spontaneously, and they record them in these types of diaries.

Memory diaries

Memory diaries allow people to place precious photos, log details about their thoughts, behaviors, and emotions for events that are most important to their lives. The topics that are put into this diary are things that will want to be explored in the future.

Prayer diaries

A prayer journal diary is something that holds a person's thoughts and feelings concerning life, with the hopes that a greater being (i.e., "God") will look at it.



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Encrypted Journals

Your personal diary is safe from prying eyes — just set a password for your journal, and Mémoires will encrypt it using the secure AES-256 cipher.

Forever Yours

Industry standard SQLite database-driven file format means that there is no vendor lock-in. Plus you can export your journals to RTF, plain text, or PDF.

Quick drawings

Just like in a paper journal, the new Quick Drawing feature allows you to draw sketches, doodles, or anything you like right inside Mémoires app.

Full Screen Editing

Now you can focus on writing your journal entries without distractions, because Mémoires comes with the native full screen editing.

Browse or Quickly Search

Browse using calendar or view all entries in one list. You can also use instant search to find entries you want to read or edit.

Diary Printing

You can print a single entry, entries for a specified period or the whole journal. The program automatically inserts dates and titles where needed.



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Spelling and Grammar

Spot and fix spelling and grammar mistakes on the fly or use automatic correction. Smart quote and dash substitutions will make your entries beautiful.

Autosave and Versions

Mémoires automatically saves your journals, so you won't lose a bit. The program is fully compatible with Time Machine for seamless backups.

You can download **Mémoires** from

<http://www.codingrobots.com/memoires/>

It's FREE to try.

[[Download Now](#)]

There is also [Video Mémoires](#) – a video diary software for Mac. When you feel like you don't want to type, just press a button to record your thoughts on video. You can download this program from <http://www.codingrobots.com/videomemoires/>



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