

# 10 Reasons to Write about Your Life

10. **To leave a record for your family.**  
This is the reason that gets many people started. It's a good one.
9. **To explore and make sense of your life.**  
Writing makes thinking visible. When you see thoughts on memories on the page, they rearrange in new ways.
8. **To share thoughts and reflections.**  
Writing helps you organize your thoughts so you can share them more effectively and powerfully, in writing or conversation.
7. **It's good for your health.**  
Research over the last thirty years has shown conclusively that writing about your life and emotions is good for your health and happiness.
6. **To shed new light and heal old hurts.**  
Expressive writing allows you to safely look at old situations and see them in a new light, allowing hope, healing and forgiveness to take place.
5. **To relive old pleasures and successes.**  
Golden memories gain added glow as they replay.
4. **To relieve stress.**  
Far better to choke someone on the page than in real life. Writing is a demonstrated safety valve for stress, anger and overload.
3. **As a form of meditation.**  
Regular writing or journaling is a recognized spiritual practice, giving benefits akin to sitting in silent meditation.
2. **To find out what you think.**  
Many writers are continually surprised at what flows unbidden out of their fingers and pens. Writing loosens the subconscious and creative powers.
1. **It's enormously satisfying.**

