

# JOURNALIZE

*Meaning: To journalize means to record one's thoughts, feelings, or experiences in a personal journal or diary.*

1. She decided to journalize her thoughts after the transformative retreat.
2. The therapist encouraged him to journalize his feelings to better understand his emotions.
3. As a historian, her job was to journalize important events for future reference.
4. He found it therapeutic to journalize his daily experiences each night before bed.
5. The teacher asked students to journalize their reflections on the reading assignment.
6. She decided to journalize her thoughts and experiences during her trip to Europe.
7. The therapist encouraged his clients to journalize their feelings to better understand their emotions.
8. In her writing class, the instructor asked students to journalize their creative processes.
9. To keep track of her progress, she made it a habit to journalize her daily achievements.
10. The historian aimed to journalize events from the past to preserve them for future generations.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/journalize>*