Sandra Hicks

Ignite Journal Entry 1.4: How A Brain Changes Itself

At first, the idea of keeping a daily or weekly journal seemed a bit overwhelming. Not in the sense that it is a complicated task but my mind quickly looked at it as “one more thing” I have to get done. However, I think it will be incredibly beneficial and helpful, especially as I advance through this course. That particular thought pattern ties into the habit/characteristic that I would like to remove from my overall character. I have the tendency to let my daily “to-do’s” engulf me and, as a result, I convince myself that I am far too busy to take on any additional projects or events, even if they would benefit my well-being.