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Ira Progoff's purpose in
creating the Intensive
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which this book is based was to give others a language and a process for reflecting on and deepening the meaning of their lives. We have many tools handed to us in At a Journal Workshop-each with a specific shape and function, and each with a full set of instructions on its use. This is a strange, wonderful and

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Self-Development

By Ellery Littleton This article presents a summary of some of the basic ideas of Ira Progoff ' s " Intensive Journal Process, " and includes a very brief outline of one of his extensive journal-writing exercise cycles: 12 Entries. Ellery writes: " The first Intensive Journaling workshop I

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attended in 1981, was
two weeks long, 9 to 5,
five days a week.

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Journal Process ...~~

Ira Progoff ' s Intensive
Journal Process
combines one of the
oldest methods of self-
exploration and
expression — keeping a
journal — with a

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structured format that enables you to get to know the inner core of your life on ever-deeper levels and gain a fuller perspective on where you are. The Intensive Journal Process also empowers you to take the action necessary to change the course of your life and unlock your hidden creative potential.

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your life on ever-deeper levels and gain a fuller perspective on where you are. The Intensive Journal Process also empowers you to take the action necessary to change the course of your life and unlock your hidden creative potential.

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psychologist Ira
Proff, PhD, the
Intensive Journal®
program is an integrated
system using writing
exercises to give your
life greater direction,
clarity and purpose. At
our workshops, certified
leaders guide
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