

Michelle Obama is right

Everyone should journal. A hospital chain's CEO, a human resource head, the founder of a charity and a successful contemporary artist discuss how putting pen to paper (or finger to keyboard) guides you to the sweet spot

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DHRUVI ACHARYA

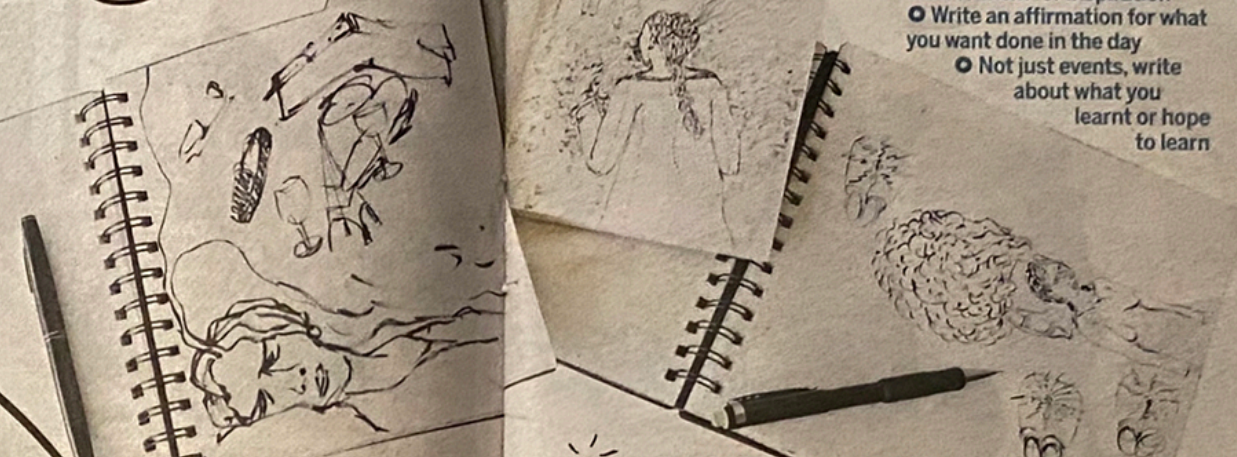
Artist

Draws in a journal her reactions to interactions.
PICS/SHADAB KHAN



Michelle Obama followed her best-selling memoir *Becoming*, with the release of

FOLLOWING the success of her 2018 memoir, *Becoming*, former first lady of the United State of America, Michelle Obama released a journal, titled *Becoming: A Guid-*



Journaling tips

- Set aside a time daily/weekly to write
- Ask what did you achieve and what could you have done better
- Write down ideas and come back to them for inspiration
- Write an affirmation for what you want done in the day
- Not just events, write about what you learnt or hope to learn

Mumbai artist Dhruvi Acharya, 48, says it was after moving to the US in 1995, while dealing with homesickness that she started drawing her thoughts. "At that time, a call from home would cost ₹100 a minute, so I took to drawing [instead of writing]. While it's not a daily practice, I draw about things that are on my mind or what I felt about some interaction." The visual entries also help with instant recall. Acharya, who has a

show currently on at Delhi's Nature Morte, titled, permeated absence, says there's a soft sculptural bedroom installation where drawings from 20 years have been put up on the wall. "And while looking at these images, I realised some were made on trips I had taken. Sometimes, it's somethings I had read about." The drawings also help her with work. "I scan them and save them on my desktop. I return to them when I am looking to make a painting."