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## A NOTE ABOUT THE AUTHOR



Helen Cox is a Yorkshire-born journalist, novelist and bestselling poet. Her first two novels were published by Harper Collins in 2016. Helen's third and fourth novels will be published from July 2019 onward by Quercus Books. Helen's writing has been previously published in The Guardian, Film4.com, The Spectator, Popshot Magazine and the TL; DR women's anthology. Helen coordinates the poetry courses at City Lit, Covent Garden and teaches an annual poetry masterclass at Keats House in Hampstead.

Helen hosts a free monthly podcast on poetry called The Poetrygram. To listen to the show visit: [helencoxbooks.com/podcasts](http://helencoxbooks.com/podcasts)

## 20 WAYS TO USE A POETRY JOURNAL

Every writer is an individual and if you are interested in keeping a poetry journal, or already keeping one, I encourage you to find a system that works for your individual style and writing purpose.

That said, it can sometimes be useful to seek out guidance on such projects from those who are experienced in the area. After twenty years of journaling, I'm going to offer you twenty ways to use your poetry journal to

1. Keep a list of writing prompts for when you're stuck for inspiration.
2. Track raw and polished drafts.
3. Keep notes on books you've read on writing poetry/talks you've attended on the subject.
4. Compile a TBR list of poets who you want to read more of.
5. Compile a list of websites you find useful when it comes to developing your craft.
6. Track critical feedback and respond to it in the pages of your journal.
7. Create a collage of images that might inspire poetry from you.
8. Write about a block or problem you're having with a piece and list ways of pushing through it.
9. Keep notes on the different poetic forms and ways in which you might use them.
10. Critique a poem that you've read in detail.
11. Keep a list of odd lines that come to you – they may find a home in a new poem.
12. Take notes on subject matters that interest you that might be used for a poem.
13. Track your submissions to publications.
14. Make notes on any courses or workshops you've attended – on or offline.
15. Record notes when you visit new places / meet new or inspiring people.
16. Read your poem out loud, then journal about what you noticed.
17. List writing goals for each week, month or year.
18. Collect interesting words or phrases in your journal that might be used in a poem.
19. Create a calendar of contests / prizes to submit to.
20. Keep a dream journal and use the images in your poems.

For more inspiration and prompts, tune into [The Poetrygram Podcast](#). Follow us on Twitter [@Poetrygram](#).

