

Adieu

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Journaling has never been a strong suit of mine. I have tried to keep a journal a number of times and failed. Notebooks, computer documents, blogs, tablet apps—I tried them all to no avail. But somehow, working with *Forum* has been different and an altogether better experience. I would like to take a moment within the context of this farewell essay to consider why.

Journaling is helpful, but for me it was not clear for whom. Perhaps it was for me, but I found that much of my day-to-day happenings were easily processed well in advance of finding the time to get to my journal. The journal is a reflection of an internal monologue, which means that some thoughts are not fully formed. My attempts were (in retrospect) largely ill-conceived notes to myself.

On the one hand, these reflections can be very powerful for oneself, even if already processed. The act of documenting can make casual observations even more pow-

erful—like the infamous 1953 Yale Goal Study (which was never done, but often reported) that stated writing down a goal makes achieving said goal more likely. Note that this study's conclusions have since been validated.¹ You may recall meeting evaluations that ask you to “write down one change that you are likely to make as a result of this session.”

In addition to the motivational aspect, writing for *Forum* affords an opportunity to provide ideas for a broader audience and demands a more active reflection process. So it's interesting to see the wellspring of well-formed ideas that appear in the pages of *Forum*. This is what amazes me most—our readership. The SGIM community has something to say, whether it's reacting to articles within *Forum*, criticisms of events or trends affecting the medical community, issues of advocacy, or commentaries on the state of education.

For the past four years, I have had the privilege of reading submissions to *Forum* and occasionally submitting items myself. These submissions have shown just how thought provoking the members of SGIM can be.

This time of year is a natural time for transitions: School courses come to an end, and graduations occur. So while I will not be contributing to the content of *Forum* from an editorial standpoint, I will continue to enjoy reading the thought-provoking content provided by you, the SGIM community. Thank you.

Reference

1. Matthews G. Goals research summary (2007). Available at: <http://www.dominican.edu/academics/ahss/undergraduate-programs-1/psych/faculty/fulltime/gailmatthews/researchsummary2.pdf> (accessed on May 24, 2014).