INFINIJOURN

Keep Your Journal Yours

A short guide to getting your own words out of any app, and keeping them safe.

Why this, why now

Years of private writing are worth more than any subscription. Apps change prices, move features behind a paywall, add AI, or lose entries. This guide takes about ten minutes and puts a copy of your journal in your own hands.

Step 1 · Decide what “safe” means for you

You want two things: a readable copy you can open without the app, and a second copy somewhere else. A PDF can be opened almost anywhere. A JSON or CSV file keeps the data but often needs the app or a spreadsheet to read.

Step 2 · Export now, not later

Do this today while everything still opens. Use the app’s own instructions; menu names can differ by version and platform, so check the page for yours.

- **Day One:** Exporting entries. Day One says JSON export works on every platform, and PDF export is available on iOS, macOS and Android but not on the web or Windows apps. If a web or Windows export arrives as a 0-byte file, Day One suggests trying another browser or exporting from iOS or macOS.
- **Daylio:** Export PDF and Backup file. Daylio notes the full backup file must be exported manually; scheduled backups cannot be used for this.
- **Journey:** Export to Word (DOCX). Journey says video cannot go into a DOCX file; a thumbnail is used instead.
- **Stoic:** Your data, import and backups. Stoic points to Your Profile > Account > Your Data > Import & Export; switch on Include Attachments to keep photos and videos. Stoic warns that deleting the app without exporting loses your data.
- **Apple Journal:** Back up, export and print Journal entries. Apple points to Settings > Apps > Journal > Export All Journal Entries, and says to stay on that screen until it finishes. Entries are not in unencrypted iPhone backups.
- **Any other app:** search “<app name> export entries” and use that app’s own help page.

Step 3 · Open the file and check it

Open the document you just made. Scroll to an entry from three or more years ago. Are the dates there? The photos? If something is missing, export again in a different format.

Step 4 · Keep a second copy

Save the export in two places that do not depend on each other, for example a folder on your computer and a cloud drive or an external disk. Put the date in the file name.

Step 5 · Put a small reminder in your calendar

Once every month or two, export again. Five minutes. Set it now.

Step 6 · Choose how you want to keep writing

If you would rather not depend on an app at all, you can keep a journal in a plain document or on paper, with no account and no AI.

Your checklist

- ☐ I exported my journal today
- ☐ I opened the file and checked an old entry
- ☐ I saved a second copy in another place
- ☐ I set a reminder to export again

Written by Infinijourn. Links go to each app's own help pages; Infinijourn is not affiliated with these apps. This guide is general information, not legal or technical support. Always check the app's own page for the latest steps.

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