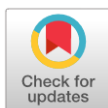


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Unlocking Self-Discovery: The Role of Expressive Writing and Digital Entrepreneurship in Enhancing Intrapersonal Communication

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Abstract

Expressive writing is a powerful tool for enhancing intrapersonal communication, fostering self-awareness, and promoting emotional regulation. This study examines its role in personal growth, particularly within the context of digital entrepreneurship. Through qualitative interviews with individuals who engage in regular journaling, the findings reveal that expressive writing facilitates introspection, self-efficacy, and emotional intelligence essential skills for navigating the fast-paced world of digital business. Participants reported greater clarity in decision-making, improved stress management, and increased confidence in overcoming challenges. These insights emphasized the importance of integrating expressive writing into self-development and entrepreneurial training programs as an accessible and effective personal and professional growth strategy.

Keywords: digital entrepreneurship, emotional intelligence, expressive writing, intrapersonal communication, journaling, personal growth, self-efficacy, self-improvement

Introduction

In recent years, expressive writing has enhanced interpersonal communication, while also encouraging personal development (Smyth et al., [2020](#)). Expressive writing helps everybody communicate their ideas and feelings. It encourages self-awareness, emotional control, and introspection, all of which are essential for successful self-improvement (Niles et al., [2021](#)). To understand how reflective journaling can enable both personal and professional progress, this study examines the relationship between expressive writing, intrapersonal communication, and digital entrepreneurship. Entrepreneurs must handle difficult emotional and

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cognitive obstacles in a changing digital environment. The growth of digital entrepreneurship in recent years has further highlighted the need for intrapersonal abilities (Hull, [2020](#)). We often engage in self-talk during stressful situations in our daily lives. The imagined interaction hypothesis states that relationships and other types of communication are built on the foundation of intrapersonal communication (Honeycutt & Abbott, [2004](#)).

There is a dearth of digital entrepreneurship in rural Malaysia, as small firms find it difficult to acquire entrepreneurial skills or employ digital tools. Digital entrepreneurship is greatly impacted by both digital literacy and entrepreneurial competencies (Mohamad et al., [2025](#)). This study examines the impact of various personality traits of higher education students on their innovative digital attitude and digital entrepreneurial intention. Digital entrepreneurship implies a radical transformation of economic paradigms (Lopes et al., [2025](#)). Two metaphorical conversation scenarios are included in MetaphorChat, which is designed to satisfy researchers' real needs for talking about particular life issues in intimate partnerships. Two-way communication provides a metaphorical narrative experience that combines interactive elements that convey symbolic meanings (Ji & Isbister, [2025](#)).

The MindScape App is a contextual journaling application that creates customized writing prompts using behavioural sensing and large language models (LLMs) to promote emotional growth and self-reflection (Nepal et al., [2024](#)). Writing is a form of intrapersonal communication in which individuals express their thoughts and emotions through either structured or unstructured reflection on personally meaningful topics. Expressive writing improves analytical and problem-solving abilities, which in turn affects intrapersonal capabilities. The significance of intrapersonal abilities has increased in today's fast-changing digital economy, especially for digital entrepreneurs who have to deal with difficult emotional and cognitive obstacles (Giones & Brem, [2020](#)). To understand how reflective journaling can enable people to attain both personal and professional progress in the digital age, this study examines the association of expressive writing, intrapersonal communication, and digital entrepreneurship. The effects of expressive writing on students' intrapersonal abilities need to be studied. Shen et al. ([2018](#)) explained how expressive writing can reduce writing anxiety. By contrast, Deveci and Wyat ([2022](#)) assessed the contribution of reflective writing in the development of IC abilities in first-year university

students. The students' journey from college to the working world, however, receives less attention. Likewise, no comprehensive research has been done to examine how these writing activities have contributed to the expansion of intrapersonal communication. This study aims to examine the relationship between expressive writing and the development of intrapersonal communication abilities among university students. It also explores how expressive writing practices may contribute to students' self-reflection, emotional awareness, and preparedness for future professional environments.

Research Questions

- What are the impacts of expressive writing as a tool for intrapersonal communication among students?
- How does expressive writing support emotional regulation in the context of digital entrepreneurship and personal development?
- What effects do individual differences have on expressive writing's efficacy?

Intrapersonal communication, also known as communication with the self, is crucial because it shapes our identity, our worldview and our interactions with others. All other forms of communication and relationships are built on intrapersonal communication, according to Honeycutt and Abbott's (2004) imagined interaction theory. One can, for example, go back and consider different outcomes of past events. Simultaneously, intrapersonal communication enables individuals to anticipate future situations and plan appropriate responses. For example, when preparing for a job interview, individuals may mentally rehearse possible questions and consider how they will answer them before facing an interview panel. Regarding the replay of past encounters, and rehearsals of upcoming scenarios, Zhang et al. (2022) discovered that expressive writing was beneficial.

Brown (2016) found that expressive writing interventions can support intrapersonal communication by encouraging individuals to reflect on their experiences, emotions, and personal challenges. This process can help individuals better cope with culture shock and adapt to unfamiliar social and cultural environments. He found that keeping a journal fosters empathy and aids in identity management. People who journal were able to offset cultural

shock by thinking back on their experiences in a foreign nation. Due to the notion that IC is only thinking, it is understudied, despite its significance (Deveci & Wyatt, [2022](#)). The field of expressive writing interventions was expanded by Jones et al. ([2021](#)) by including cancer patients and survivors. This writing method, when combined with other exercises, turned out to be a surprisingly affordable and useful instrument for promoting self-expression. Researchers thought these interventions would be useful in other cultures, but the study found no meaningful results from the Chinese perspective (Gallagher et al., [2018](#)). Writing on emotionally charged subjects in an unstructured or semi-structured manner is referred to as expressive writing, sometimes called written emotional disclosure (Gao, [2022](#)).

Intrapersonal qualities, such as self-efficacy, adaptability, and emotional intelligence, are necessary for digital entrepreneurship, which is defined by its dependence on technology and innovation (Nambisan, [2017](#)). Due to the unpredictability of the digital economy, entrepreneurs frequently need to constantly develop themselves in order to be competitive (Hull, [2020](#)). Digital entrepreneurs can use expressive writing as a useful tool to process failures, celebrate victories, and keep a growth-oriented mind set (Shepherd et al., [2020](#)). Since Kross et al. ([2014](#)) view intrapersonal communication (IC) as a pervasive phenomenon in which we are continuously involved, we are unable to avoid it. Self-talk and internal monologue are two of the forms of IC that Oleś et al. ([2020](#)) investigated. Writing down one's ideas is a great tool for both one's physical and psychological well-being. According to Aljanahi and Alsheikh ([2020](#)), we can observe a distinct side of ourselves even if we don't go into the psychological realm. We are unable to overcome this internal dissonance, and our daily decisions reflect our inner feelings to some extent. Writing expressively makes us more at ease with interpersonal communication, which is where intrapersonal skill development begins. They did, however, draw attention to variations in how individuals use these two intrapersonal communication modalities. One could master internal monologue, through phrases like "try again" or "gear up." Furthermore, one may use self-talk as a way to evaluate oneself before major events, for example through questions such as "what can I do?", or "do I have enough knowledge to participate in the upcoming quiz competition?" (Oleś et al., [2020](#)).

Emotional intelligence, critical thinking, and cognitive abilities are all

used in intrapersonal communication. In a comparative study analysing people who wrote about their life goals and those that did not do so, it was noted that the former reported feeling more confident and less critical of themselves. A study by Fartoukh and Chanquoy (2020) asked fifth graders to write creatively about their stressful school days during class time. The findings indicated that through this activity, kids' working memory and school anxiety had both improved. The present study looks at how students who are leaving college to enter the workforce might improve their intrapersonal skills through expressive writing. It seeks to develop their intrapersonal communication abilities, which will help people perform better, revealing a version of themselves that is sometimes hidden owing to difficult life circumstances. Furthermore, this study aims to develop expressive writing practices so that students can become clear headed and more adept at overcoming obstacles in the workplace. These writing techniques are also beneficial for one's emotional and psychological well-being while creating entrepreneurial opportunities for individuals who may not be highly social but can contribute significantly through insightful and emotionally rich digital writing.

Research Methodology

To fully comprehend the perspectives of the participants, this study uses qualitative methodologies since they allow for in-depth insights. Semi-structured in-depth interviews with individuals who regularly keep journals were done for this aim. According to Deveci and Nunn (2018), communication and other soft skills are equally crucial for lifelong learning as technical capabilities. Of these, intrapersonal communication is the most important. Troop et al. (2013) looked into the ways that expressive writing can boost confidence and decrease self-criticism. According to a research by Pennebaker and Beall (1986), writing expressively about a distressing experience may have a good impact on one's health. They came to the conclusion that expressive writing improved people's health. Smyth and Pennebaker (2008) assert that expressive writing helps people recognize their emotions, but Stickney (2010) argued that the effectiveness of Pennebaker's expressive writing paradigm is not very obvious, stating that there is much more to explore and many questions need to be answered.

Additionally, the current study seeks to answer issues about how expressive writing affects university final-year students' intrapersonal growth and communication. Numerous studies have shown the advantages

of expressive writing for both physical and psychological health, leading to numerous other benefits like improved academic performance and employment (Range & Jenkins [2010](#)). This study also examines the relationship between students' personality traits and their psychological development. According to Showkat and Parveen ([2017](#)) since participant perspectives determine the scope of the study, a discovery-oriented method such as in-depth interviews can meet the necessary data requirements. Each participant possesses unique characteristics, experiences, and personal attributes, making it important to explore individual perspectives in depth. The impact of expressive writing on intrapersonal communication has been investigated in this study. Using snowball sampling method, the study selected 25 final-year university students who were regular writers, including 13 females and 12 males (Dosek, [2021](#)). They ranged in age from 18 to 30. The choice of doing this study in this specific time was based on the final year students' lengthy summer break, allowing them an opportunity to gain professional experience through internships or part-time jobs.

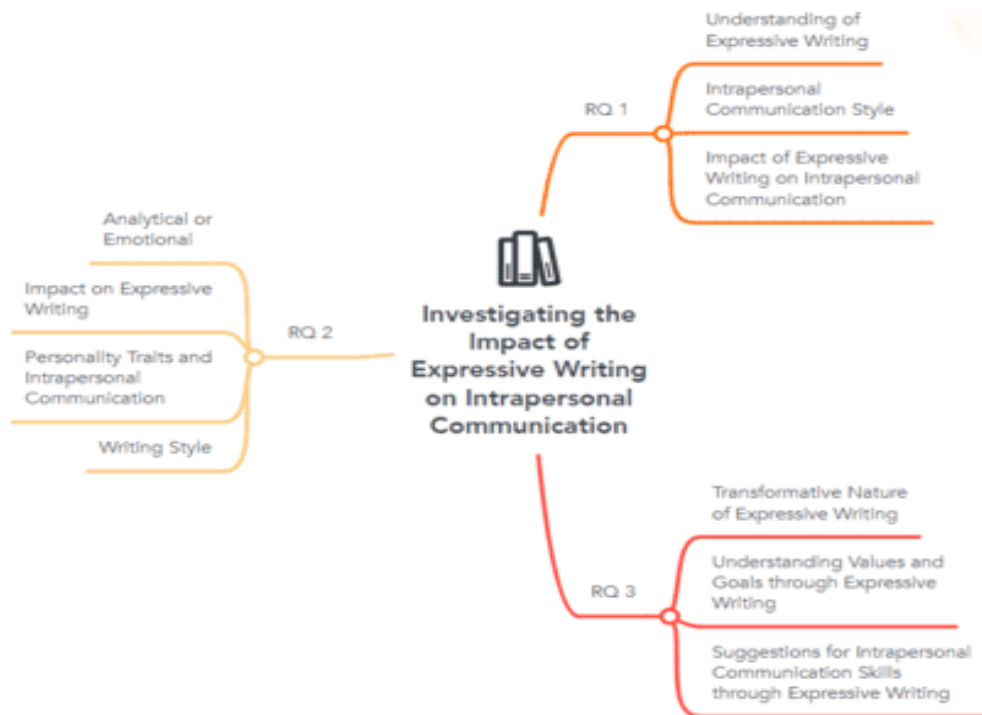
Although the sample size was small, Matyas ([2020](#)) came to the conclusion that the goal of qualitative research is to identify significant themes that may emerge during the study, as well as prospects for digital entrepreneurship and expressive writing. This study gave both men and women an equal chance to assess how different the experiences of the sexes are throughout this career transitional stage. Depending on how thorough the respondents were in their responses, each interview lasted anywhere from 20 to 40 minutes. In consideration of the participants' comfort, interviews were done in three different ways: in-person, online using Zoom, and over the phone. Before the interview began, an informed consent form was signed. Following the transcription of the gathered data with timestamps, thematic analysis was applied for pertinent topics, and subthemes were found by carefully reading each interview. The recurrent themes were identified by systematically cross-checking all categories and subthemes. The researcher came to a conclusion based on all of the interviews. Since interviews gathered private data, secrecy and anonymity were guaranteed. As stated in the participants' consent form, data were only utilized for the study. The open-ended questions and broad details about the study and its goals were supplied in each interview guide. With the participant's informed consent, the researcher used an audio tape recording to help take notes on their comments.

Results

The purpose of the current study was to look into how expressive writing affects interpersonal communication. Twenty-five interviewees who regularly kept journals were subjected to thematic analysis. The three research questions were addressed in light of the ten major themes that were found. The following thematic diagram shows how the identified topics were grouped.

Figure 1

Expressive Writing on Intrapersonal Communication



The table below presents three major themes that address the first research question, along with pertinent subthemes:

Knowledge of Expressive Writing

Students used expressive writing as a way to express their emotions openly. They were able to communicate their feelings through writing, which aided self-reflection, emotional understanding, and personal growth.

Table 1*Measuring the Impact of Expressive Writing on Intrapersonal Communication*

Knowledge of expressive writing	Style of Intrapersonal communication	The effects of writing with emotion
Using words to express ideas and comprehension	Self-critical approach	Creating opportunities (Digital Entrepreneurship) Increased self-awareness and understanding to write freely
Writing about internal and external emotional thoughts	Self-compassionate approach	Emotional processing and regulation
Expressing opinions and emotions through writing	Shift from self-criticism to self-compassion	Clarity of thoughts and problem-solving abilities
Personal expression of emotions and thoughts	A fluid approach to self-communication	Deepening self-awareness and understanding
Developing confidence through self-expression	Self-empathy and self-sympathy based on the situation and circumstances	Processing challenging emotions and gaining clarity
Creative expression of emotions	Importance of maintaining psychological health	Developing a kind and productive internal dialogue

In response to the first research question, this table presents three primary themes along with pertinent subthemes. The participants were able to improve their intrapersonal communication skills and acquire mental clarity. "I will say that expressive writing is a form of communication where you empty yourself of the thoughts cluttering your head, and then ponder on the written scripts to reach a fruitful discussion," said participant three, expressing their feelings. Students also highlighted the long-term effects of expressive writing, such as empowerment and self-discovery. According to respondent 7, "By embracing expressive writing, one can embark on a journey of self-discovery, empowerment, and the cultivation of a more empathetic and optimistic outlook on life." When asked to choose between self-critical and self-compassionate intrapersonal communication styles, most respondents favoured the self-compassionate method. "Well, I am

self-compassionate when it comes to communication with the self...if you tend to be self-critical about yourself, you join the world conspiring against you,” participant 21 said as he presented his response. Regarding their intrapersonal communication styles, they are laid-back and consistent with their typical condition. According to respondent 19,

I do expressive writing, but I don't put it in rigid classification. I am a fluid being; I just do the writing. It depends on the time, theme, mental health, and circumstances. Should I need more compassion from me or need a critique to get myself better? So, it all varies; I do both according to the situation.

Additionally, some respondents mentioned that expressive writing contributed to greater self-acceptance, personal growth, and the development of a healthier relationship with themselves. Participant 24 narrated his experience:

I used to lose opportunities because of self-doubt and under-confidence. When I started journaling, I felt an improvement in my intrapersonal communication. I noticed that whenever I encounter an opportunity and feel under-confident or self-doubt, I feel a positive intrapersonal communication starts guiding me. Yes, you can! You are a confident person. Other people like you are doing the same, so why not you? Such thoughts are an incredible experience.

“By engaging in expressive writing, I have cultivated a more compassionate and constructive inner dialogue, enabling me to approach myself with kindness, empathy, and a greater sense of self-acceptance”. It has developed into a potent instrument for introspection, personal development, and cultivating a healthy relationship with oneself. Three main themes, along with relevant subthemes:

Three main themes and related subthemes are presented in Table 2 in response to the second research question. The participants said that this writing activity helped them as they made the move from college to the working world. It was discovered that those who write expressively on a regular basis follow the flow as they transition from school to the workplace. According to respondent 18,

Table 2*Three Primary Themes and Pertinent Subthemes*

Theme	Sub-theme
Transformative nature of expressive writing	Self-expression and self-improvement through writing. Insufficient understanding of how expressive writing affects career life. Writing as a tool for inspiration and self-expression.
Understanding values and goals through expressive writing	Clarifying objectives and values via reflective writing. Writing to get understanding of one's own ideals and objectives.
Ideas for developing expressive writing skills for intrapersonal communication	Understanding one's own values, goals, and purpose. Motivating pupils to begin writing so they can see the benefits. Enhancing confidence to freely write digitally. Recognizing that expressive writing might not be for everyone.

What I think the transition from university to the professional world can be challenging and stressful for many of individuals, and definitely this will come at a time for me also because I have also done many types of internships and have a small professional background. I think a person deeply engrossed in expressive writing doesn't care about professional or personal university life. For them, environment in which they are moving is the go with the flow. They don't hesitate to follow the trait of self-improvement through the process of self-reflective mode.

The respondents were able to recognize their beliefs and objectives, consider their aspirations, and maintain a performance record by using expressive writing techniques. They were better equipped to handle the challenges of the working world as a result of this. Respondent 7 claims that

Expressive writing has provided me with a canvas to reflect on my experiences, aspirations, and core beliefs. By documenting my journey, I have been able to track my progress and celebrate small victories along the way, fostering a sense of optimism and

motivation to continue pursuing my goals.

Interviewees encouraged others to start writing when asked for recommendations on how others can advantage from this skill to progress their intrapersonal communication abilities. The responders were astonished by the benefits of enhancing intrapersonal communication and encouraged newcomers to start writing. Respondent 12 argued, “Well, I would suggest starting writing! Start writing and start writing. The improvements afterward can’t be explained in words. Just sit aside and enjoy those improvements. Surprise.” Several responses support that writing is an actual way to improve interpersonal interactions and promote personal development (Pennebaker & Evans, [2014](#)). Expressive writing helps people communicate their ideas and feelings, which promotes self-awareness, emotional control, and introspection, all of which are essential for successful self-improvement (Baikie & Wilhelm, [2005](#)).

Table 3

Individual Variability's Effect on Expressive Writing's Performance as a Tool for Increasing Intrapersonal Communication

Themes	Sub-themes
Different styles of writing	passionate and sentimental writing style, in plain language, casual manner, honest and free-flowing writing, strong language and imagery
Analytical or emotional	writing with emotion, writing that is analytical, emotional equilibrium, control of emotions
Impact on expressive writing	release of cathartic tension, experience of therapy, emotional recovery, self-discovery, individual development, processing emotions, thoughtful and insightful
Personality traits and intrapersonal communication	emotional intelligence, empathy, self-assurance, self-esteem, foundation of self-awareness, positive change, personal growth, emotional balance, improved intrapersonal communication, emotional self-reliance

When asked about their writing style, the respondents provided a variety of insights. Simple language and an informal style were found to be useful

techniques for enhancing intrapersonal communication. An interviewee who was identified as participant 22 described his writing style as follows: "Upfront, blunt, or aggressively honest. Write what you are afraid to say out loud." The majority of respondents chose the expressive preferences when asked to pick between an analytical or emotive manner. Respondents claimed that expressive writing is used for emotional regulation and balance, which are impossible without emotional catharsis. As stated by participant 5

I write more emotionally, and I think it makes expressive writing much more effective for me. Through my writing, I can establish a sincere and sympathetic relationship with readers since emotions are strong inducers of introspection and interpersonal connection. It allows me to communicate from a place of vulnerability, process difficulties, and examine my deepest emotions.

The change from an analytical to an emotive mind-set based on the circumstances was another significant realization. Participant 21 provided the following observations to support his statement: "... analytical when I need to concentrate, organize, and determine my values." We reconnoitred how respondents' writing styles affected their experiences with expressive writing and intrapersonal communication, and established that they saw expressive writing as a therapeutic tool for emotional processing and cathartic release. Participant 11 emphasized that "Writing helps to release emotions that enhance intrapersonal communication and also generate opportunities to adopt digital writing freely." Respondent 3 said,

I personally embrace an emotional writing style in my journaling practice. It is a deeply self-reflective approach that allows me to authentically express and explore my emotions. Through this style, I delve into the depths of my feelings, capturing their intensity and intricacies. I employ vivid language, evocative imagery, and heartfelt descriptions to convey the rawness of my emotions. This writing style serves as a cathartic release, enabling me to process and make sense of my inner world. It fosters a deeper understanding of myself and promotes emotional healing, self-discovery, and personal growth.

Respondent 15 emphasized betterment; "It has improved a lot of my intrapersonal communication skills. As I am the person, I have become

more pure, self-reliant, and one who focuses on personal emotional well-being.”

The data set indicates that expressive writing has no detrimental effects. Every subject and subtheme produced fruitful results. Given that the focus of this study was students making the move from college to the workplace, the interviews also revealed that similar writing interventions would be beneficial for other career transitions or other life changes. The data set revealed yet another new revelation. Another important finding was that some respondents reported improvements in verbal communication as a result of expressive writing. This suggests that expressive writing may strengthen individuals' ability to organize their thoughts and communicate them more effectively, thereby enhancing both intrapersonal and interpersonal communication skills. Both male and female respondents were included in the sample to see if gender differences had an impact on these kinds of experiences. The gender differences were interestingly not found to be substantial. When asked about how personality qualities affect intrapersonal communication and expressive writing, respondents admitted that personality traits differ from person to person. As a result, writing abilities and intrapersonal communication were found to be significantly impacted by these personality variations. Participant 19 explained this phenomenon:

I think personality traits highly impact expressive writing. I am an extroverted person. When I started writing, this personality trait was also reflected in my writing style. I found that I was very expressive in writing as well. This practice helped me with emotional regulation. If I talked about how it impacted my intrapersonal communication, I would say that I am more emotionally intelligent and self-reliant now. These combinations of these traits have contributed to my intrapersonal growth.

Discussion

Scholars have endeavoured to comprehend how expressive writing affects interpersonal communication. They gathered answers from students who were writing regularly and making the move from college to the working world. As a result, researchers conducted a theme analysis of the transcripts and interviewed the respondents. The interviewees emphasized how expressive writing had a wide-ranging effect on interpersonal

communication. Through expressive writing, they claimed to have developed intrapersonal communication that was facilitated and enhanced by self-efficacy, self-reliance, emotional intelligence, mental clarity, emotional processing and control, and self-awareness. These consequences corroborate other studies showing that these writing interventions can aid in the development of intrapersonal abilities (Deveci & Wyatt, [2022](#)).

The effect on past and future imagined interactions by replaying and rehearsing expressive writing. It has been discovered that this activity enhances mental well-being and is the basis for additional connections and communication channels. Similarly, this practice writing technique was found to be beneficial for preparing for future encounters. Deveci and Wyatt ([2022](#)) assessed how reflective writing aided in the development of young pupils' intrapersonal communication abilities. The study revealed a statistically significant association between the variables under question. Specifically, self-regulation and social awareness are negatively correlated, similar to motivation and social skills (Merlin & Soubramanian, [2024](#)).

Additionally, the respondents reported that practicing the conclusions to various events, as well as revisiting old events were facilitated by expressive writing. They also stated that they were able to identify their intrapersonal communication weaknesses by thinking back on previous encounters. They now try to control their intrapersonal interactions and rehearse future occurrences so they don't miss opportunities when they present themselves. Inscription about one's ideas and emotional state, or expressive writing, has been shown to encourage self-reflection and emotional processing to enhance intrapersonal communication (Pennebaker & Seagal, [1999](#)). Research has indicated that those who regularly journal have better self-efficacy, increased emotional intelligence, and more mental clarity (Ullrich & Lutgendorf, [2002](#)).

Ullrich and Lutgendorf ([2002](#)) found that students' intrapersonal skills improved following participation in expressive writing interventions. They did note, nonetheless, that no thorough investigation into the expansion of intrapersonal communication brought about by these writing habits has been carried out. They recommended carrying out a parallel study among students in other settings to investigate issues that might reappear when they graduate and enter the workforce. Additionally, this study demonstrated that the relationship between self-perceived creativity and e-entrepreneurial intention is limited by social media use. Abdelfattah et al. ([2022](#)) examined

whether social media expands business opportunities for entrepreneurs and found that it facilitates opportunity generation and opportunity discovery.

The results of the study indicate that self-perceived creativity plays a crucial part in the early phases of the entrepreneurial process since it facilitates the development of new products and services. Because they help people better comprehend and control their internal conversations, these results are especially pertinent to intrapersonal communication (Bodie, [2010](#)). These results are reliable with Zhang et al.'s study from [2022](#), which emphasized the impact of expressive writing practice and replay on intrapersonal communication. Another important conclusion was the respondents' claim of expressive writing being helpful for their clarity of thought, leading to improved interpersonal and intrapersonal communication.

Deveci and Wyatt ([2022](#)) claimed that traumas and other stressful conditions resurface after a certain period through trigger situations. So, they find that expressively writing about such events is beneficial to stop such incidents from triggering oneself repetitively. Studying the effects of expressive writing on intrapersonal communication is the subject of much debate (Deveci & Nunn, [2018](#)). The findings are in line with the research of Aljanahi and Alsheikh ([2020](#)), who noted that we can observe a distinct side of ourselves even if we do not actively excel in the psychological realm. We are unable to overcome this internal dissonance, and our daily decisions reflect our inner feelings to some extent. Writing expressively makes us more at ease with interpersonal communication, which is where intrapersonal skill development begins. The results also highlighted the need to incorporate expressive writing activities into university curricula, entrepreneurship education programs, and student development initiatives. According to the findings of a research that included this writing exercise as coursework, journaling promoted purposeful learning. The effectiveness of this writing style is demonstrated by the high level of student involvement in expressive writing, which enhanced their intrapersonal communication (Nückles et al., [2020](#)).

Shen et al. ([2018](#)) looked into how expressive writing affected students who were suffering from test anxiety, a form of academic stress that makes them uneasy before or during an exam. The researchers found that high school students' test anxiety was reduced when they wrote about pleasant emotions. Long-term expressive writing was found to influence

intrapersonal communication skills, and the experimental group also demonstrated an improvement in their daily interactions. Additionally, Nückles et al. (2020) have already confirmed the efficacy of expressive writing in academia. Although expressive writing's advantages in psychological and educational contexts have been extensively studied, its use in the field of digital business is still relatively unexplored. By investigating how expressive writing can increase intrapersonal communication and self-improvement among digital entrepreneurs, this study attempts to offer useful suggestions for utilizing expressive writing as a tool for both professional and personal development by fusing insights from psychology and entrepreneurship.

Conclusion

This study concludes that expressive writing is an effective and transformative tool for students transitioning from academic study to professional life. The findings suggest that expressive writing promotes self-awareness, psychological well-being, critical thinking, and goal clarity, all of which support personal and professional development. It promotes psychological health, self-awareness, critical thinking, and goal lucidity, all of which are essential for one's individualized and professional growth. In digital entrepreneurship, expressive writing is essential for developing the emotional fortitude, flexibility, and problem-solving abilities needed to meet the demands of the digital economy. It also assists people in defining their career and personal objectives, coordinating their achievements. The results highlight how individual characteristics, including personality factors like emotional intelligence, confidence, and self-esteem, affect how well expressive writing works to enhance intrapersonal communication. For students and prospective digital entrepreneurs in particular, this necessitates tailored approaches in self-development initiatives. This study fills gaps in the literature and advances psychology, education, and entrepreneurship by providing insights for customized interventions and tactics that help to evaluate long-term effects. Future research should investigate moderating factors including personality traits and writing styles and use a variety of approaches, such as focus groups and longitudinal studies. The findings' generalizability should be further improved by extensive quantitative analyses, especially in the areas of goal-setting and digital entrepreneurship. In an increasingly complicated and technologically advanced environment, students and young professionals can be empowered to realize their

personal goals and succeed as entrepreneurs by incorporating expressive writing into educational and professional development.

Author Contributions

Safa Ilyas Ahmed: conceptualization, methodology, formal analysis, investigation, writing -original draft. **Muhammad Jamal:** data collection, data curation, review of literature, resources, writing -original draft. **Sajid Hussain:** supervision, validation, project administration, data curation, writing - review & editing.

Conflict of Interest

The authors of the manuscript have no financial or non-financial conflict of interest in the subject matter or materials discussed in this manuscript.

Data Availability Statement

Data supporting the findings of this study will be made available by the corresponding author upon request.

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