



Journaling is a wonderful way to record your thoughts about anything! Some people keep a journal of their daily activities while others record special moments or events in their journals. Getting started is easy, you only need two things:

**notebook or paper
pencil or pen**

Here are some questions to ask yourself as you begin journaling:

What did I eat? see? play?

Where did I go?

Who did I meet?

What was the weather like?

Use the examples included (written by real people) to see what other people like to write about and think is important in their lives.