

Keeping A Journal

Cathy Brundage 9-1-06

If you are a perfectionist – lower your standards. Keeping a record of your life is the goal – nothing more, nothing less.

Set a goal – once a week, twice a week, or everyday. If you go a few days, weeks or months without writing, then pick up your journal and write a short entry. Sunday is a wonderful day to write in your journal, reflecting upon the sacrament, the talks, testimonies and lessons.

Be honest in your writing. Write what is in your heart – not what you think other people expect from you. This is private writing where sorrows and worries can be aired. It is also a place where God can talk to you through your writing.

Remember the details - date each entry & number pages.

Take your journal to General Conference, vacations, or other situations where you will have time to make entries.

Use first and last names when writing about individuals. Identify important locations and people in your entry.

Forget about:

Punctuation & spelling – just do the best you can.

Sounding righteous, amazing, or perfect.

Selling the rights of your journal for a TV movie.

Items to include in your journal

Important events, impressions, personal feelings.

Talks you have written, inspiration you have received, the annual family Christmas letter

Personal counsel, promises, blessings received and circumstances surround them.

Deaths, births, marriages, baptisms, endowments, temple service

Personal triumphs, failures, challenges and how you handled them

Current local, national, and world events that impact your life.

Simple daily occurrences.

Poems and stories

Dreams, goals, plans for your future.

Remember – your journals are the field research for your personal history. Expect it to be at times chaotic, boring, inspiring, sad, and joyous with some spelling and grammar errors. Enjoy the journey!