

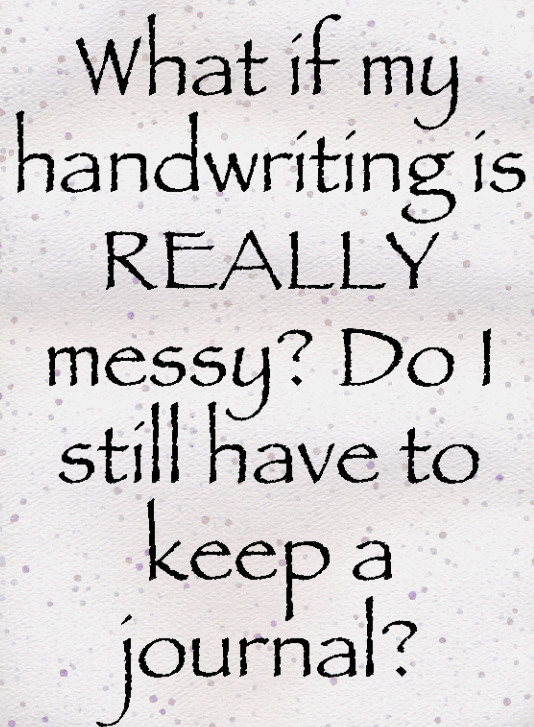
Why  
should  
we keep  
a  
journal?

Who  
needs  
to keep  
a  
journal?

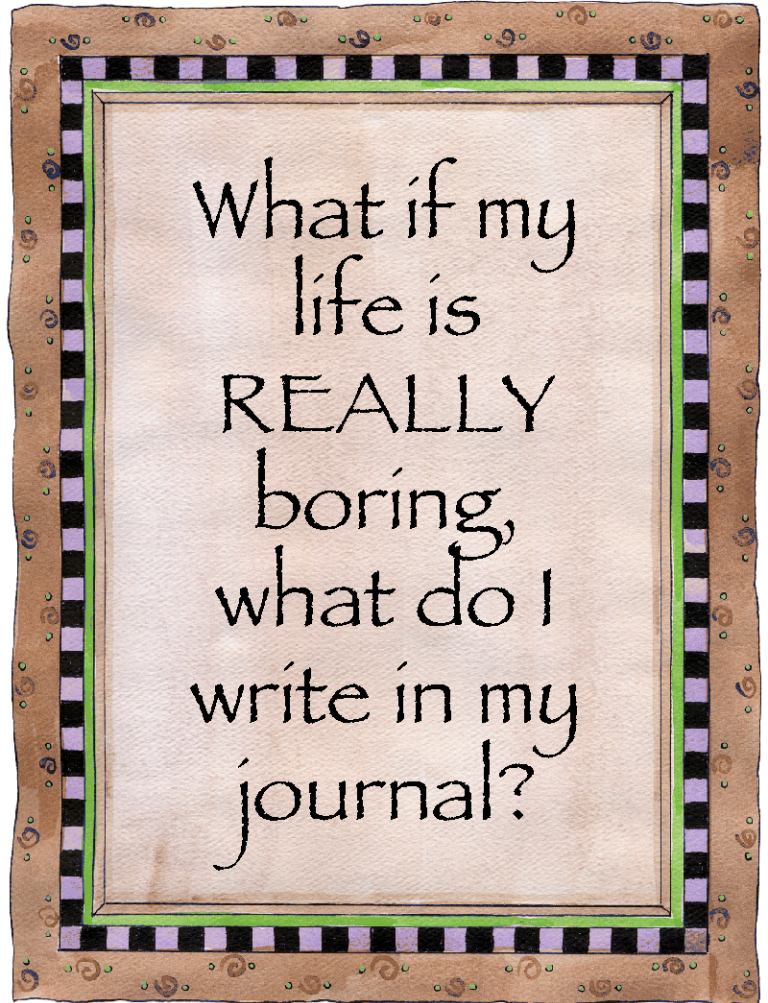
What is the  
difference  
between a  
journal  
and a  
diary?

Where can  
I keep my  
journal so  
that no  
one will  
read it?





What if my  
handwriting is  
REALLY  
messy? Do I  
still have to  
keep a  
journal?



What if my  
life is  
REALLY  
boring,  
what do I  
write in my  
journal?