

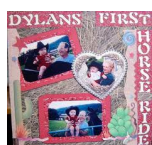
JOURNALING
Who is going to tell YOUR story?
Shouldn't it be YOU?



As a young person, did you have a diary?
What kinds of things did you write in it?



As a new parent did you keep a baby book?
What did you document for your child?



Have you ever created a phot album
or maybe even a scrap book?



Blogging is the new in thing to do, anyone try it?



Do you keep a check register? A budget?



There is always your food or diet tracker.
Do you use one?
On paper?
Online?

These are all forms of journaling the moments of our life. Journaling is one of the easiest and most powerful ways to accelerate your personal development and growth. By getting your thoughts out of your head and putting them down in writing, you gain insights you'd otherwise never see.

So who is going to write your story?

You say you do not know where to start? You have no idea What to say?
Here are 50 ideas to get you started.

1. If you won the lottery, what would you do?
2. Why do you think some people don't vote?
3. My favorite Disney character and why?
4. My full name and how it was decided on
5. My dream house...
6. I am the one who....
7. First Grade Memories...
8. In the left corner, of my bedroom...
9. The Holiday I Wish We Had is...
10. The day I went to the circus...
11. Yesterday I....
12. Games I like to play.
13. I believe....
14. I can.....
15. Sunshine makes me feel...
16. The cartoon I like the most....
17. The most amazing thing I've ever seen is...
18. Summer Memories
19. If I could be doing anything right now, I'd be
20. What if...
21. Well, Doctor, it's like this....
22. My most embarrassing moment
23. Television
24. Money
25. What I would like to receive at Christmas
26. Snow
27. If I was President of the United States...
28. Mysteries
29. Bugs
30. Rainbows
31. Dreams
32. Babies
33. Friendship
34. In 20 Years I'd Like to Be....
35. Favorite memories
36. My family
37. It makes me blush when...
38. It was so funny when...
39. Good things about me
40. It would be funny if....
41. My talents
42. The best book I ever read...
43. The book someone should write is....
44. How It Feels to Win/Lose
45. I'm thankful for...
46. My hero
47. No one would believe me when....
48. I wish I was there when....
49. People usually don't notice about me is...
50. If I was a crayon....