

Keeping a Journal

“Those who keep a personal journal are more likely to keep the Lord in remembrance in their daily lives.”

Spencer W. Kimball

Things to Include:

- Important events, impressions and feelings
- Personal counsel, promises and blessings
- Deaths, births, marriages, baptisms and temple work
- Personal triumphs, failures and struggles and how they were overcome
- Current local, national and world events that impress you or influence your life
- Simple occurrences in daily life



Journal Suggestions:

- Date each entry; the day of the week or even the time of day may be important.
- Number the pages.
- Set aside a block of time either daily or weekly to write.
- Keep the journal nearby or take extra loose pages on trips and to special church meetings.
- Use first and last names when writing about individuals
- Keep your journal clean and keep it in a safe place.

Challenge: This week I will _____

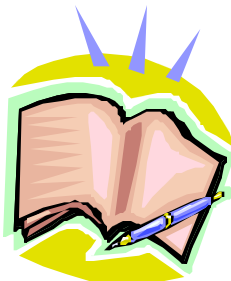
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