

About Journaling

Volume One

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## About Journaling

### **Keeping A Journal    By Doreene Clement**

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Writing, expressing can heal us. It can focus, support, and enhance our lives and well-being. Whether we laugh or we cry, whether through sorrow or joy, we can understand more about ourselves, and each other, through keeping a journal.

#### **Some Benefits of Keeping a Journal**

- **Reduces stress**
- **Sets goals**
- **Organizes**
- **Helps focus**
- **Can improve well-being**
- **Makes time for you**
- **Creates a personal reminder**
- **Becomes a treasured keepsake**

#### **Journaling**

On a piece of paper, write your answers to the question,  
"Which 3 words best describe how you are feeling right now?"

When you are done writing, you have just journaled.

Writing about whatever is important to you right then and there is journaling. Tracking what you have planted in your garden is journaling. Writing about the family holidays together, or coffee with a friend is journaling. There is no set amount of words or pages that constitutes a journal. There can be a set theme or topic in your journal, but there does not have to be. I have written about soup, the weather, myself, my friends, and my dreams for the future, in my journal.

A journal, which is the same as a diary, is a place where you choose to store what is important to you.

### **When to start journaling**

Any day of any year is a good time to start your journal. The day you feel you want to start recording your experiences and thoughts is the perfect day to start - Whether on January 1, November 3, or today. There is no set time of year to begin a journal or to start to journal again.

Some people like the idea of starting their journal on January 1. They write their goals and ideas starting at the beginning of the year. Others like the idea of starting the very day it occurs to them that they want to write about their lives in a journal. Whatever you choose, it is the right way for you, and that is all that matters.

### **What to journal in**

There are a lot of choices of where to record all those thoughts, feelings, ideas, dreams, and desires. What you will write in and what you will write with again is up to you. Try several choices, several types of books, and several types of pens or pencils. Find the tools that fit you. You can also record your journal on tape, video, or the computer. Writing a letter can be another form of journaling your experiences.

### **What to write about**

I know of a woman who wants to be a comedian. In her journal she writes a joke a day. Another person had been stuck for several years writing her novel. She started to journal about writing her novel and gained the focus she needed. She finished her novel within a few months. Another person tracks every penny he spends in his journal.

The beauty of keeping a journal is that it is your book. You get to choose not only when to write, but what to write.

### **How much I write in my journal**

Journaling is about what you want to express that day so, you can write as much or as little as you want - A word, a thought or two, pages, you choose.

### **Remembering to journal**

Place your journal where you will see it every day. I do not mind taking vitamins, but if I do not see them I do forget to take them. Place your journal on your nite stand or where you have coffee in the morning. I keep mine on my desk, where I will see it everyday.

Part of keeping a journal, for me, is skipping a day, or maybe four. I usually write every day, but some days I do not. I forget to write or I do not get to it, or I have nothing to say that day. Skipping a day is a part of keeping a journal.

### **Keeping your journal safe**

You may want to have a special secret place for your journal so no one else can read it. You can keep it in a locked box, or tuck it away. You can also ask the people around you not to read your journal. It is private and only concerns you. As you journal about specific events or people you can also use code words for those experiences. It is important that you feel safe writing about your thoughts so, think about how you can create that for yourself in your own environment.

With the passage of time, we gain a different perspective. Time is a healer. What was once hard, or unbearable, can now make more sense, giving us a clearer picture. Recording and tracking our lives, by keeping a journal, can actually bring relief, clarity, joy, and laughter. Copyright 2001 Doreene Clement All Rights Reserved

Doreene Clement is the creator of **The 5 Year Journal**, a journal where you journal daily the next 5 years in minutes a day, all in one book. **The 5 Year Journal** includes how to journal instructions, workbook sections, over 100 motivational quotes, 272 acid-free pages, hardcover, and so much more. You can tour the book or order [www.the5yearjournal.com](http://www.the5yearjournal.com) Doreene's About Journaling--If you would like to carry About Journaling on your website, e-zine, or have it emailed to you About Journaling <http://www.the5yearjournal.com> 480.423.8095

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# About Journaling

## Journals You Can Keep By Doreene Clement

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Besides your daily feelings, thoughts, and experiences journal, there are many ideas for journals that you can keep, some are suggested below. Buy a blank book or a notebook with a particular journal topic in mind and keep this book for only that topic. You may decide to keep several kinds of journals at the same time, so remember that you do not have to journal every day.

- 1. Family Journal** - Journal about yourself and your family, the children, your parents, or relatives. You can have a weekly 'family journal night,' where the whole family can get together and either journal or discuss their journals. For any age, drawing is a way to journal thoughts.
- 2. Letter Journal** - After you've written a letter, make a copy and keep it in its own file or binder.
- 3. Memory Journal** - Think back, and journal one memory a day.
- 4. Gratitude Journal** - Journal one thing in your life that you are grateful for that day.
- 5. Prayer Journal** - Journal a prayer a day. Your prayer, a friend's, the prayer from the paper, etc.
- 6. Good Thoughts Journal** - Journal at least one good thought each day.
- 7. Books/Movies Journal** - Journal the books you have read or the movies you have seen. What were your experiences? Who suggested the book or movie? Who did you see the movie with?
- 8. Couples Journal** - Take time every day to write something to each other. Journal about each other, an experience of the day, a dream for the future, even an, "I'm sorry."
- 9. Dream Journal** - Upon waking, journal your dreams.
- 10. Friendship Journal** - Journal your experiences and feelings about the lunch you just had with a friend, your visit with your sister, what you are looking forward to with a co-worker and the new work project.
- 11. Birthday Journal** - Have your friends pick a date and journal why they picked that date, and ask them to retell a funny story, journal how you met, or say why they care for you as they do.
- 12. Recipe Journal** - Journal past and present recipes. Include where you got the recipe, where and when you served it, who was there, and what they thought. You can keep a journal for salads, dinners, and a third for desserts.
- 13. Sports Journal** - Journal your experiences with your favorite team.
- 14. Health Journal** - Journal how you feel physically and what you are going thru health wise.
- 15. Diet/Exercise Journal** - Journal what you eat, and your current times, distances, repetitions, weights, and other capabilities, tracking your progress.
- 16. Finance Journal** - Daily you can journal all expenses, certain expenses, or have a place to keep this journal for family or employees to enter their expenses. You can also use this journal idea to track your present financial situation, or reflect on what you want to change or keep the same.
- 17. Collection/Hobby Journal** - Journal your experiences and feelings about what you collect or your hobby, your stamps, coins, furniture, scrapbooking, dolls, etc. Besides journaling about the actual collection, you can record your feelings, what you saw, what you heard, who you met.
- 18. Focus Journal** - Journal what you want to focus on tomorrow, or what you did focus on today.
- 19. Joke Journal** - Journal a joke a day. Make one up or record a good one that you heard.
- 20. Travel Journal** - Journal your travels, all those adventures and experiences.

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# About Journaling

## 30 Day Journals By Doreene Clement

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Whether you journal now, or have never kept a journal, you can keep a 30 day journal. Journaling for 30 days about one specific topic, can support you in many ways. Recording your thoughts, feelings, dreams, and desires, even recording just-the-facts, for 30 days is a powerful tool. You can track your ideas and experiences, realizing both your joys and your fears about a single topic. You can use this 30 day system for most topics, and throughout your journaling.

Think about what is happening in your life right now. Then think about a topic you would like to track or record on a daily basis: Your diet, finances, a relationship, a new experience, your job, a dream you've always had, a change you want to make.

### Getting started

- Decide if you want to use the computer, a blank book, a notebook, or sheets of paper for your journal. If you are writing, pick a pencil or pen that is easy to use and is comfortable for you. Set aside a time and place every day for your journaling. Make this your time for you.
- You may or may not want to date your journal. You can even include the time of day when you journal, especially if you are journaling about feelings, health or diet. The time of day can affect our outlook. For example, at certain times of the day we may have more energy or be more tired.
- Write as much or as little as you want. Some days you may have more to write about than other days. There is no set amount you need to write each day. Slow down as you begin to write and feel what your thoughts are on that day about your topic. It may help to close your eyes, calm your thoughts, and remember to breathe easily.

### Journaling

- As you begin your journal, write what the topic is that you have picked, i.e., I want to better understand my relationship with my friend Betty, or I want to process my feelings about the passing of my parents, or I want to know where every penny I spend goes.
- Next state your goal about the topic, and then how you, at this point in time, plan to resolve getting to your goal.  
**Example** - My Goal - I want to understand who Betty is. My Resolution - I will write a list of my likes and dislikes.  
**Example** - My Goal - To feel my current feeling about my parents. My Resolution - I am going to write my memories about them.  
**Example** - My Goal - To better understand what I spend money on. My Resolution - I will record every expense amount, what it was for, and the day I spent it.
- Every day, write 3 words that best describe how you feel about your topic that day.  
*Good, moving, curious*  
*Angry, confused, frustrated*
- Every 5 days, confirm if your topic, goal, and resolution need changing, and if so, change them.
- Every 10 days, re-read your journaling and write a summary of how you feel about the last 10 days of writing.

### After 30 days

- Decide if you want to keep your journal, or dispose of it in a safe way.
- You may find that you have reached your goal and resolved your topic before the end of 30 days. If so, stop journaling. Or, you may find that you want to explore this topic further, so start another 30 day journal. There is no set amount of time, 30 days is a guideline. Your time for a particular topic may be 10 days, 45 days, 90 days, etc. If you journal several topics, each topic can vary in the number of days. Journal until you feel complete and supported.

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### Creating A Gratitude Journal By Doreene Clement

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**grate.ful adj. 1 a** : appreciative of benefits received: syn. thankful

4.19.02 Today I am grateful for \_\_\_\_\_ .

As I write the above line, I wonder, "What is my answer?" My first thought is, "I am grateful for today." Then I realize there are so many people, places and things for which I am grateful. Everyday the list grows.

Everyday there are things that happen to us, and for us, that make us grateful. Sometimes, we even find, that after the passage of time, we become grateful. Take time today, tomorrow, and the next day to think about for what or whom you are grateful. Then write it down in your journal. Or maybe send a letter or a card, with dates and experiences to that person.

You can start keeping a journal where you date and write in daily, weekly, or monthly about what you are grateful for, why and the circumstances that created the gratitude. This becomes a story and record of your feelings and warm experiences of what you have given, and also what you have received.

You can also create individual gratitude journals for your spouse, your children, parents, a friend, etc., that you journal in for a period of time. You can write about them sharing what you are grateful for about them. Get a new journal to use for this purpose only. Pick a colored pen or several colors. You can express your feelings with certain colors, green for a growth memory, blue for peaceful times, you decide what each color means and note that in the front of the journal. Date each entry and describe events, memories, or thoughts that you have about that person. Describe what they have given you, what you have observed, what you wish for them. Tell them about how grateful you are for them in your life, and why. This becomes a treasured keepsake and a priceless gift.

Telling someone you are grateful for them in your life, for what they have done, for who they are is a very powerful expression of caring and love. Telling a stranger who has given you something, directions, good service, a smile, that you are grateful for what they have done and given you is another form of connection. Spread the idea of gratitude. You may see something on TV or read about someone. Send them an email or letter of appreciation for who they are, what they stand for, or for what they have done.

**Today I am grateful for \_\_\_\_\_ fill-in this blank with what your are grateful for.**

**For Example - My self, my children, family, work, future, my recovery, etc.**

As I was thinking about what I am grateful for, I of course thought of my many wonderful, dear friends. So, I decided to email and ask what they were grateful for. I asked them if I could also share their responses with you, and here they are...

"Today I am grateful that I get to spend time with my children."

"Today I am thankful for a generous heart that loves to spill over to others...and is constantly replenished by my beautiful family."

"Today I am Grateful for the joy of friends. Today I am grateful for the light in the eyes of my friends. Today I am grateful for the roses in my garden. I am so very grateful I met you."

"Today, I am grateful for my life, health, and for my mother still being alive."

"I'm grateful for the support of many, many wonderful women in the community."

"Today I am grateful for opening my eyes to see my husband on my side and my pug at my feet. I am grateful to look out my bedroom windows to see another day full of possibility as the sun slowly warms up my sweet backyard alive with quail, doves, hummingbirds, rabbits and all kinds of nature's noises. I am grateful to feel my breath as it wanders through my body waking me up. I am grateful that I have one more day to enjoy, and be amazed, and be involved with life. And I am very grateful that I can go through another day full of awe and gratitude."

"Today, I am grateful for my life, health, and for my mother still being alive."

"I'm grateful for the support of many, many wonderful women in the community."

"I am grateful for being able to carry the message that Light and Love is always present and everlasting. I get to do this on a moment to moment daily basis. I am grateful for all the loving people that I am blessed with in my life. I am grateful that the universe provides completely and abundantly. I am grateful to be alive and living full out."

"Today I am grateful that I can continually forgive myself. I can forgive myself for judging myself harshly when things don't turn out just the way I was attached to them turning out. I can forgive myself when I am disappointed that I didn't speak up and say exactly how I felt about a situation. I can forgive myself because when I did speak up, it didn't come out of my mouth the way my mind thought it would. All in all, I am very grateful that I am me. I wouldn't want to be anyone else in the whole world....and that's gratitude!"

"Today I am grateful for a wife, 4 children and a daughter-in-law who are all working hard to find out what it is their Savior would have them do in life and then do it."

"Today I am grateful for another experience of realizing that I am, indeed, safe and provided for."

"I am grateful for days, like today, when my gratitude gallops gleefully ahead of me and I have to skip to keep up with it, instead of haul it behind me like a wagon load of manure, hoping it will carry its own weight - by tomorrow."

"I am very grateful for the healing work that I do. I work long, hard hours, but I really enjoy helping people feel better. How many people can say that they love their work or feel that they are doing exactly what they are supposed to be doing?"

"Today, I am grateful for a Loving God who nurtures me. I am grateful for my 89 year old Mother who has cared for me and is still vibrant, helpful, and alive. I am grateful for my Granddaughter Hayley who holds my hand, trusts me, and I know loves me somewhere in her very special heart. I am grateful for good health which sustains me. I am grateful for my friends and acquaintances who care about me and bring so much joy into my life. And, finally, I am grateful for libraries, and the internet, and transportation which constantly open new vistas in my horizon and let me appreciate this vast world and its infinite knowledge and power available to all those who are curious enough and ambitious enough to embrace them."

"Today I am grateful for gentle friends, and a loving Heavenly Father."

"I am grateful for the Divine Connections in my life - My family and friends. We laugh and cry together. With them I feel I belong and am loved. They are my greatest teachers. We validate each other. When depleted I seek them out. They renew my spirit I am blessed. I am also grateful for the roadblocks and failures in my life. They turned out to be valuable lessons that led me to new opportunities and connections I wouldn't have had otherwise. They presented new Lifepaths."

"Today I am grateful for all the wonderful people in my life who challenge me to think differently."

"The scent of freshly cut grass coming through my open windows."

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## About Journaling

### Travel Journals By Doreene Clement

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Are you off to a vacation adventure this summer? Have you ever kept a travel journal?

A travel journal is where you write about your personal, family and/or business travels. It can be a separate journal where you record your experiences, details, and even your feelings about your travels, creating a written record of each trip. You can also record your travels, if you already journal, in your existing journal. Just indicate that this is a record of your travels -- That can be accomplished by using a separate color of pen.

#### You can record...

Your feelings and experiences.  
All the locations you visited. You can include a map or draw a map.  
The miles and time to travel from location to location.  
Who you were with.  
Who you met.  
What you wore.  
Would you go back? Why? What do you want to see?  
Where you stayed? You can keep the address, phone numbers, names, etc.  
What you ate? Again record the address, etc., so you can find it again.  
What you saw?  
Daily travel experiences, and expenses.  
Favorites--hotels, campgrounds, restaurants, locations, etc.  
The funniest thing that happened.  
The most difficult thing that happened.

In your travel journal you can add photos, receipts, memorabilia, maps, drawings, menus, any items that you want to add, and that fit the space you have.

**Travel Journals for the Children** A great tool to involve the whole family is to create a travel journal for the children. They can use a notebook and record the same items that you did, writing what their experiences were. They can also write a story telling what they experienced each day. You can create a game for them where they count the cows they see, other children they met, or towns, etc., keeping that information in their journal.

Use the idea of a travel journal to keep a written record of all your travels, all those adventures.

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## Journaling Your Work By Doreene Clement

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Keeping a journal is a proven, powerful tool to enhance and benefit not only your personal life and well being. Journaling can also do the same for your work life. It is a way to record and track daily activities and thoughts, which can help with long term projects and goals.

You can record the what, when, where, and why of what is important for you, your career, and your company. You can journal in a blank book, in your daily planner, on your computer, on cassette, or even on video. Use the system that most fits and supports your routine.

### Some Benefits of Keeping a Journal

- **Set goals and resolutions**
- **Solve problems, revealing solutions**
- **See what you are thinking**
- **Understand habits and patterns**
- **Process and explore**
- **Reduces stress, helps focus, and organizes**
- **Can improve well-being, and makes time for you**
- **Creates a personal reminder**

**Setting goals and resolution** One very effective way to start using your journaling in your work life is to write what your goals and resolutions are. These can be for yourself, for your co-workers/employees, or even for your company. The key to goals and resolutions is that they go hand in hand. A goal is what you want to accomplish. A resolution is how you are going to accomplish your goal. As you write be sure to include specific thoughts and ideas for both. You can create your goals and resolutions on a daily, weekly, monthly, or even on a yearly basis.

**Goals** A goal is what you want to accomplish. You can use your journal to set both long and short-term goals.

Be very specific - I want to be Vice-President of Sales by 2004.  
I want to make 25% more money by the end of this year.

**Resolutions** A resolution is your resolve of how you are going to reach your goal. Again be very specific – To become Vice President of Sales by 2004 I will do the following.....Then list these items. To make more money by the end of this year I will.....Again make a specific list of tasks and to do's that are practical things you can do to accomplish your goal.

**Solve problems, revealing solutions** You can use your journaling as a problem solving tool. As you write about a problem, your concerns, and even your fears, solutions can become more evident, because you...

**...See what you are thinking** As you write down what you are thinking you are making solid on the paper your thoughts, and you can see what you are thinking. With that it can be easier to assess if what you are thinking is serving what you want to accomplish.

**Understand habits and patterns** We are creatures of habit. We create patterns and routines in ways of acting, and also in our thinking. Journaling our desires, thoughts, ideas, dreams, goals, and what is most important to us now, we can better see and track our habits and patterns. This process often reveals where we are stuck, and why.

**Process and explore** As you write, it is a process of exploration into who you are, and what you are thinking. It is an examination of what it is that you carry with you, in your mind, everyday.

**Reduces stress, helps focus, and organizes** Journaling is a proven method to reduce stress, because the expression and clarity through journaling your experiences removes tension from that experience. With less tension, you can be more focused, and it becomes easier to see and then focus on what is really important to you, for you, and your career.

**Can improve well-being, and makes time for you** Through keeping a journal, with all the benefits that you can receive, there are studies proving that journaling improves well-being. With journaling you stop and think about what you are experiencing or needing.

**Creates a personal reminder** You can use your journal to remind yourself and even the people you work with of not only deadlines and timeframes, but you can outline specific targets in your journaling. Your journal becomes a planning and organizing tool as you use it to set specific goals for yourself, individuals, and for your company.

### **More journaling benefits**

#### **Departments, and Co-workers Journaling**

Another powerful force that you can create is to suggest everyone in a department journal on a specific solution or problem. Individuals can also journal about where they would like to see their department go in the next year, 2, or 3 years. You can create topics or have staff create journal topics that can benefit the department or company as a whole.

**Blue Sky** What if.... Blue Sky is a brainstorming technique where the sky is the limit, and since the sky appears to have no limit, you can GO FOR IT.

You can use your journal as a blank palette to create all the dreams and ideas, all those thoughts that can be recorded without fear that they can't or won't happen. Journal your thoughts, ideas, dreams, and desires without any concern that this, that, or the other would have to be, or have to happen, before your idea can come true.

**30 day journals...**are an effective way to focus on specific problems or concerns. You would keep a separate journal and write about one situation for 30 days. (You can also use more, or less than the 30 days.) Journaling is a way to process. Concentrating on one topic for a set amount of time, narrows the focus and energy to a specific concern.

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Recording and tracking your 100 Life Goals in a journal is a powerful tool that can add to your personal and professional well being. Journaling goals is a great way to focus, clarify, and understand what your true intentions are, and how you are going to reach your goals.

In your journal you will record and track your Life Goals, 1 thru 100. (Or your 10 Life Goals, or 150, or 1,000, whatever number of goals you have now, remembering you can add to and delete from your list of Life Goals through the years.)

**To start** - Find a blank book that is hardcover and has more pages than your number of goals. You also may use more than 1 blank book. Next, write "Goal Number 1" on page 1 of the blank book, then write your goal. (Your goals do not need to be listed in order of importance to you, they can be listed as you think of them.)

**Example** – Goal Number 1. I want to read over 100 books.

As you read each book you can record the titles and how you liked the book. Would you recommend it? Journal what feels important to you about what you have read.

You can leave one or more blank pages, then write your next goal.

**Example** – Goal Number 2. I never want to get stung by a bee or a wasp.

**Example** – 10.02.02 I was at the Blue Door restaurant on Wednesday, sitting near an open door, and there was a bee. As I was moving away from my table to get away from the bee, it landed in my food. No bee stings for me.

Again, leave as many blank pages as you might need. Continue by listing Goal Numbers 3, 4, 5, etc. After each goal you can journal what your feelings, ideas, dreams, desires, etc., are for your goals. Journal the people, experiences and circumstances as things happen in your life to accomplish your goals.

You can also journal your Life Goals on the computer. Create a document that uses the above system. As your goals change and evolve you can edit the list, or rearrange according to the order of importance. What was number 1 on your list can change to number 55.

As you think about your Life Goals, take the time you need to create the list. It may take you days, or years. It is your list, create it in your time.

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Doreene Clement is the creator of **The 5 Year Journal**, a journal where you journal daily the next 5 years in minutes a day, all in one book. **The 5 Year Journal** includes how to journal instructions, workbook sections, over 100 motivational quotes, 272 acid-free pages, hardcover, and so much more. You can tour the book or order [www.the5yearjournal.com](http://www.the5yearjournal.com) Doreene's About Journaling--If you would like to carry About Journaling on your website, e-zine, or have it emailed to you About Journaling <http://www.the5yearjournal.com> 480.423.8095

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