all about me **JANUARY JOURNAL 2021** 





# CREATE MY TIMELINE

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# CREATE MY TIMELINE

YEAR	MEMORY PHRASE
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### WHO AM I? Describe myself... my personality



TIP: It's ok to talk about how I am feeling mentally. Think of the healing that may happen if I share my depression or anxiety or what I worry about. Healing can come for me and for my descendants.

#### PHYSICALLY

#### MENTALLY

#### SPIRITUALLY

#### INTELLECTUALLY

# Highlight My Life!

My accomplishments/goals in life:

Remember, it is not large accomplishments that makes success, it is the little things we do every day that over time turn into success. Catherine Pulsifer





How do I accomplish goals?



List of what I want to accomplish:





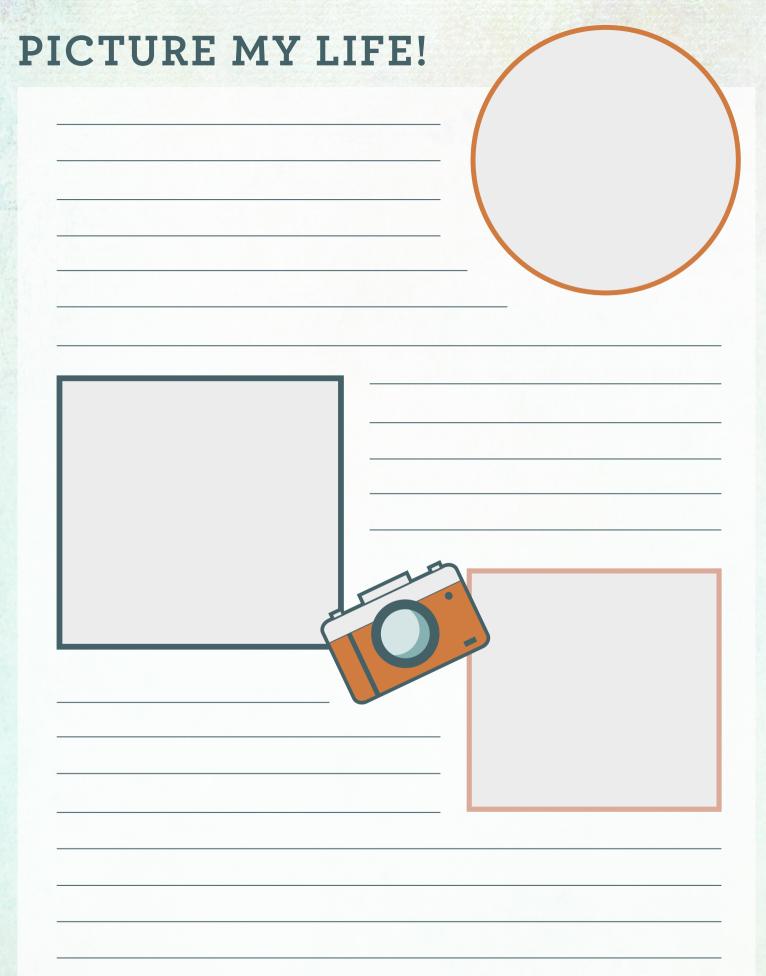
Who is someone that has left a deep impact on me? What did they do?

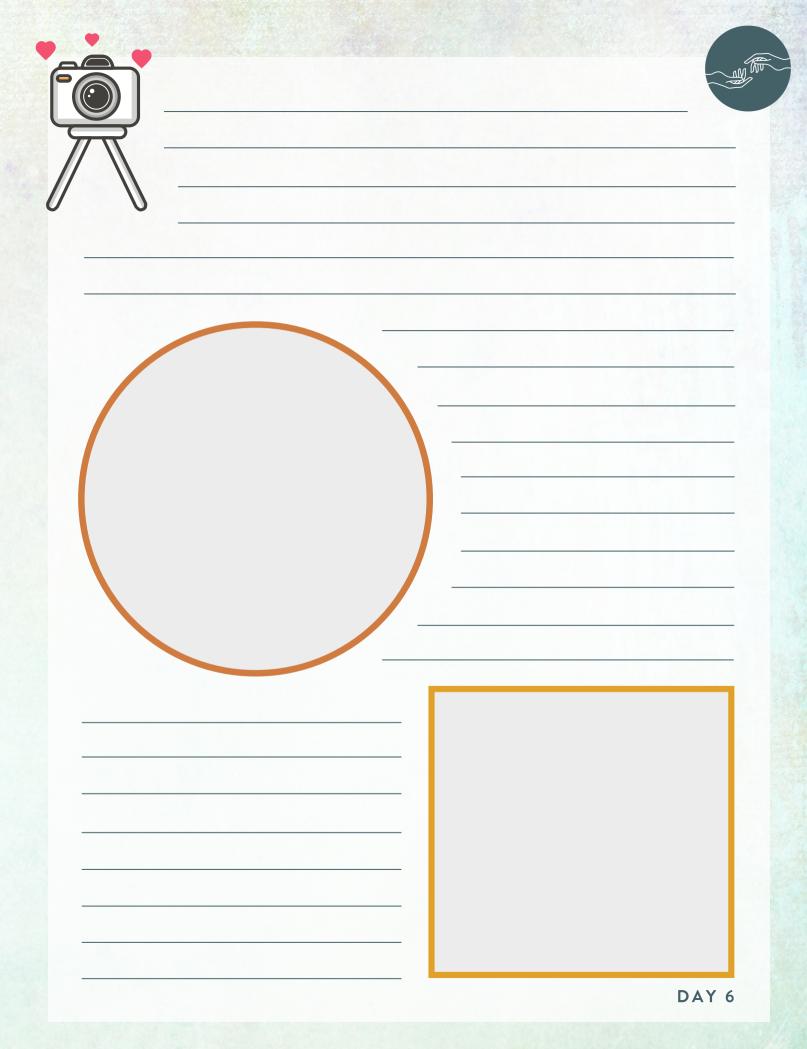


"(Mentors are) someone who allows you to see the hope inside yourself." - Oprah Winfrey

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DAY 5









# **INVENTORY MY JOBS**



What was my first job or my worst job or my favorite job? (List all my jobs. Provide details like when and where.) What have I learned while working that I'd like to share? What would be my dream job?



#### MY FIRST FRIEND...

HOW DID WE MEET?

DAY 8

WHAT I LOOK FOR IN A FRIEND...

#### WHO WERE/ARE MY FRIENDS IN ...

#### elementary school:

#### middle school:

#### high school:

#### college:

#### adulthood:

WHAT MY FRIENDS & I HAVE FUN DOING TOGETHER...

DAY 8

all about my aunts & uncles

How did it feel to become an aunt or uncle for the first time?

What is it like to be an aunt or uncle? Or What kind of an aunt or uncle do I hope to be?	L C C C C C C C C C C C C C C C C C C C

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 t? uncle? Why?
What is a special memory I have of my aunt(s) and/or uncle(s)?



my Mom is...

What does she look like?

What do I remember her always doing?

What is a lesson I learned from my mom?

Where did she grow up?

How did she meet my dad?

What story about her childhood do I remember?

**DAY 10** 



## **TRAVEL LOG**

What was my favorite or worst trip? What is a future trip I'd like to take? Where would I go and what do I want to see or do there? (List all the trips I can remember.)



To move, to breathe, to fly, to float, to gain all while you give. To roam the roads of lands remote, to travel is to live. - Hans Christian Andersen

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**DAY 11** 

Love Story



What is my love story? What is my parents' love story? What do I love... and why? What does love mean to me? What do I love about myself?

TIP: Every Valentine's Day or anniversary share your love story and/or your parents' love story with your family. What a fun tradition!

## SHARE A FUNNY STORY

When was the hardest I ever laughed? What are my "go to" jokes? Who is the funniest person I know? Why? What was my most embarrassing moment? How did I live through it?

Always find a reason to laugh. It may not add years to your life but will surely add life to your years. - unknown LAUGH S'MORE,

WORRY LES





What story do I remember about them or how they met?	L P

Vhat reminds me of them?	
	What items or bits of wisdom have they given me?



#### WHAT HAS BEEN IN THE NEWS LATELY?

WHAT ARE MY MEMORIES OF THESE NEWS EVENTS? HOW HAS IT MADE ME FEEL?

#### HOW HAVE THEY IMPACTED MY LIFE?

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List a major news event for each year of my life.	$  \setminus \rangle $
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	DAY -



# SHARE TRADITIONS

"Traditions touch us, they o	connect us and they expand us." - Rita Barreto Craig
What traditions do I have now?	What traditions did I have as a child?
Vhat raditions rould I like o have?	
	Holiday traditions?

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# **MY BELIEFS**

Do I believe in God? Many Gods? No Gods? What do I believe spiritually?

What religion do I identify with?

What does my worship look like?

What is my conversion story?

Do I celebrate any unique religious holidays? Describe them.





What do my siblings look like? What is their personality like?

What do we do when we get together?	C C C C C C C C C C C C C C C C C C C

. . . . .

What are their lives like now?

A sibling is the lens through which you see your childhood. - Ann Hood

**~ ~** 

How has each of my siblings impacted my life? What have I learned from them?

. . . . .

express gratitude



What are some things I am grateful for?

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." - Zig Ziglar

### SHARE MY EXPERIENCE

What have I learned from this 21-day experiment? How have I changed? What are some goals I can set because of this change?

I learned that I do have a story worth writing down. I hope to continue writing so that my children have it. - A May 2020 participant

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