

Journal Jar Poem

Preserve your memories,
Seal them up well.
What you forget,
You can never retell.
But a journal that's kept fresh on the shelf,
Will help someone through rough times,
Maybe even yourself.

This little jar celebrates something very important - YOU!!
If you will follow a simple plan, you will find that before
this time next year, you will have a very personal history
finished.

All you need to do is draw out one slip of paper each day
(or at least once a week but it will take longer to finish).

On it you will find a question.

Spend a few minutes and just enjoy remembering.

Then paste or copy the question at the top of a blank page
and begin to tell about it.

Don't worry about spelling, handwriting etc. Just tell YOUR
story!

Journal Jars

We have also done journal jars in quart jars -
On top it says - "The story only you can tell"

Attached by a ribbon it says

YOUR LIFE STORY

Writing it all at once is a lot to ask...

But bit by bit you can complete the task...

IDEAS FOR SUNBEAM-4 through CTR-7

Draw a picture of your favorite pet or animal.

Draw a picture of your favorite thing to do in the summertime.

Draw a picture of your favorite place to go.

Draw a picture of your favorite thing to do with Grandma or Grandpa.

Draw a picture of what you want for Christmas or what you are giving your Mom.

Draw a picture of what you play with at the park.

Draw a funny picture about something that makes you laugh!

Draw a picture of the house you live in.

Draw a picture of your favorite birthday present.

Draw a picture of your favorite toy.

Draw a picture of your family.

Draw a picture of anything that you are afraid of.

Draw a picture of what you would buy if you had all the money in the world.

Draw a picture of your favorite outfit to wear.

Draw a picture of your room and what makes it special.

Draw a picture of your favorite holiday.

Draw a picture using your favorite color.

Draw a picture of what you want to be when you grow up.

Draw a picture of your favorite activity to do outside.

Draw a floorplan of your home and label the rooms.

Draw a picture of yourself dressed in your Halloween costume.

Draw a picture of yourself as a baby.

Draw a picture of your favorite scripture story.

Draw a picture of yourself.

These were found at <http://www.geocities.com/perudol1/jj3.htm>

Journal Jar Questions For Youth

Who are some of my favorite people? Why?

Who am I closest to in my immediate family? How did our relationship grow?

What are my goals and dreams?

What do I look like?

Who is my best friend? What is she/he like?

Who are some of my "school friends"?

Have I ever learned something from being in an argument with

someone?

If yes, what?

What is the most valuable principle I've learned through my experiences with others?

What is my most embarrassing moment?

When was I the most proud of myself?

When were my parents most proud of me?

Have I ever stood up for what I believe, even when it was very hard? When?

What are some of my jobs at home?

What does my bedroom look like? Do I share a room? Am I comfortable in my room? What do I like best about my room? Have I ever written a story, poem, or song I would like to add to my journal?

Who are my church leaders?

Who's my favorite school teacher? Why?

What do I think of myself?

Am I pleased with what I look like? If I could change any part of myself what would it be?

What is the weirdest dream I've ever had?

Do I like school? Why?

What's my best subject in school?

What's my least favorite subject in school?

Am I involved in any clubs or extra-curricular activities? (Sports, dance, choir, etc.)

Who is the prophet of the church right now? What am I learning from him?

What are some events that are happening in the world right now? (Include newspaper clippings).

Who is my favorite General Authority speaker? Why?

What has been a General Conference talk that has had an impact on me?

Describe a time when I felt the spirit very strongly.

What is my seminary class like? Who's in it? Who's my teacher? What's my favorite thing about my teacher? What am I studying this year? Do I enjoy it? Does the spirit thrive there?

What is my most favorite thing to do at home?

What's my most favorite movie, book, poem or song?

What are some of my talents?

Do I enjoy my everyday life? What's it like?

What's my favorite Christmas memory?

What's my favorite Christmas present I remember getting?

What are my favorite family holiday traditions?

Do I have a testimony? Write it down.

Where is my most favorite place to go, what is it like?

Have I ever had a "crush" on someone? Who, and do I still like him now?

Describe him, and what attracts you to him.

Do I have a favorite sport, talent, etc.?

Describe each member of my family in my journal.

What's the best thing I've ever done with my life?

What is my favorite area in nature?

What pets have I had? Which one was my favorite?

What is my full name and who am I named after? If I could change it, what would I call myself?

What is my favorite scripture and what thoughts or feelings

does it provoke?

Has anything major happened since the last time I wrote in my journal?

If I've received my patriarchal blessing, what is the most significant part to me?

Describe a time when I lost myself in the service of someone else. How did it feel?

Who are my Young Women teachers right now and how have they taught me the values?

What is my favorite food? When I cook for my family, what do I enjoy making most?

What childhood experiences do I remember, (funny stories, accidents, memories playing, etc.)?

What's my favorite music group? Why?

What's my favorite movie?

What's my favorite book in the scriptures? Why?

What has been my favorite Young Women's Mutual Night Activity?

What callings have I served in? How did I grow spiritually by serving?

What's my home life like? How could I improve or strengthen it?

What are my goals for the future?

What do I want to do after I get out of school?

What talents do I have that I want to strengthen?

What challenge or trial do I really want to overcome? How am I going to do it?

What is my favorite Young Women Value? Why?

Am I a good communicator? How can I improve this?

Am I a good listener? How can I improve this?

Am I a forgiving person? Is there anyone I need to forgive and what's the game plan?

Am I a good friend to other people? If so, how? If not, what can I do to improve this?

What can I do to strengthen my testimony?

Did I have a blanket or a favorite toy growing up?

What was my favorite birthday? What was the best birthday gift I ever got?

Describe my first driving experience.

Write about feeling loved and by whom.

Write about something or someone in your life who helped to grown and change.

Write about having to apologize to someone and patch things up.

What are the things I love and admire about my mother?

What are the things I love and admire about my father?

What are my relationships like with my brothers/sisters?

What was I into when I was a child? (Barbie, My Little Pony, etc.)

Who was my favorite elementary school teacher?

Who is/was my favorite junior high teacher?

Who is/was my favorite high school teacher?

What has been my favorite family vacation? Why?

What do I know about my grandfathers?

What do I know about my grandmothers?

Am I close to any aunts, uncles or cousins?

Have I ever done baptisms for the dead? What did I think and feel about it?

Describe your favorite summer activities.
Describe your favorite winter activities.
What qualities do I want in a husband?
What kind of mother/wife do I want to be?
Do I have any favorite names for future children?
If I could live anywhere, where would it be? Why?
If I could have anything I wanted out of life, what would it be?
What do I know about my Savior? What are feelings about Him?
What are my goals for making it back to live with my Father in Heaven?
Write about something you are grateful for.
Write your feelings about the scriptures.
Write about how a prayer was answered.
Write about something that drives you batty.

Found on the following website:
<http://www.geocities.com/perudoll/jj4.htm>

SENIOR JOURNAL IDEAS (older children)

Tell about your favorite pet - what kind of animal? when did you get him/her? Why do you like them?

What's your favorite thing to do in the summertime? Why?

Tell about a trip your family took that you particularly enjoyed. Where did you go? What did you see?

What's your favorite movie? Why do you like it? What's it about?

Tell something you enjoyed doing with your Grandma or Grandpa.

What is the best Christmas present you received? What is the best one you gave?

What is your favorite thing to play at the park?

If you could have your favorite dinner for your birthday, what would it be?

Tell all about your favorite friend and why they are special to you.

What is your best and worst subject in school? What do and don't you like about them?

If you could have any animal as a pet, what kind would you choose and why?

Write something nice about your family that they do that makes you happy.

Tell your favorite joke, or about something that makes you laugh!

What is a favorite board game or computer game and why do you like it?

If you could watch a video over and over, what would it be and why? What's it about?

Tell about the house you live in. Have you lived anywhere else. If so do you remember the addresses, phone numbers?

Tell about a special Birthday party you've had? Given? Or been to?

How do you like being the older, middle, or youngest child. Does it have any particular advantages or disadvantages?

Who is your favorite teacher? Why? Can you remember and tell about a special teacher?

What are you frightened of?

What can you remember about the day you were baptized?

Describe your favorite clothes?

What kind of music do you like? What is your favorite song and why?

What was your most embarrassing moment?

Do you have a bicycle? What is it like?

What instrument do you wish you could play and why?

What would you give yourself if you had all the money in the world? What would you give your family?

Where do you go to school, what grade are you in, who is your teacher?

What is your room like? Do you share it with someone? What makes it special to you?

Describe a typical day during the school year.

What is your favorite holiday? How do you celebrate it?

Have you ever been sick, what made you feel better?

What is the most adventuresome thing you have ever done?

Write a want ad that best describes you if you were for sale!

Tell about your favorite Aunt or Uncle.

Describe your perfect spring day - what do you like to do outside?

Describe the perfect autumn day and what activities you enjoy.

Describe the perfect winter day.

Tell about the most wonderful thing that ever happened to you?

What is your favorite Saturday activity?

Tell about your dad's job and/or your grandpa's.

Tell about a frustrating experience you've had.

Describe your cooking skills and your favorite thing to cook.

What is your favorite color and why?

List each of your Aunts and Uncles. Tell one thing about each of them.

What is your advice to those younger than you.

Where do your grandparents live? What are their homes like? Do they have a certain smell or look or feel?

What do you want to be when you grow up?
What will you be doing?

How many are in your family? Do you wish you had more brothers or sisters and why?

List all the costumes you have worn or characters you have been for Halloween.

Tell the things your parents have told you that you did when you were a baby.

Tell what you know about the day your were born.

Write down your favorite scripture story.

Who are some of my favorite people? Why?

Who am I closest to in my immediate family and why?

What are my goals and dreams?

What do I look like?

Who is my best friend? What is she/he like?

Who are some of my "school friends" and what do we do together?

When was I the most proud of myself? and when were my parents most proud of me?

Have I ever stood up for what I believe, even when it was very hard? Tell about it.

What are some of my jobs at home?

Have I ever written a story, poem, or song I would like to add to my journal?

If I could change any part of myself, what would it be?

What is the weirdest dream I've ever had?

Do I like school? Why?

What is my favorite sport or activity to do at recess?

Who is the prophet of the church right now? What am I learning from him?

What are some events that are happening in the world right now? (Include newspaper clippings).

Tell about any General Conference talk that you can still remember.

Describe a time when you felt the spirit very strongly.

What is my primary class like? Who's in it? Who's my teacher? What's my favorite thing about my teacher?

What am I studying this year? Do I enjoy it? Do I feel the spirit there?

What is my most favorite thing to do at home?

The Lord gave everyone talents, what are some of my talents?

Do I enjoy my everyday life? What's it like?

What's my favorite Christmas memory?

What are my favorite family holiday traditions?

Do I have a testimony? Write down the things you do believe and know are true.

Where is my most favorite place to go, what is it like?

Describe each member of your family.

What is my full name and who am I named after? If I could change it, what would I call myself?

What is my favorite scripture and what are my thoughts or feelings about it?

Write about the most interesting thing that happened since the last time you wrote in your journal?

What's my home life like? Write down ways you would want to change or strengthen it.

What do I want to do after I get out of school?

Did I have a blanket or a favorite toy? Tell about it.

Write about feeling loved and by whom.

What are the things I love and admire most about my mother?

What are the things I love and admire about my father?

If I could live anywhere, where would it be? Why?

What do I know about my Savior? What are my feelings about Him?

What are my goals for making it back to live with my Father in Heaven?

Write about something you are grateful for. Make a list and count your blessings.

Write about how a prayer was answered.

Found at :

<http://www.geocities.com/perudoll1/jj2.htm>