Prepare For Your Lessons

SAMPLE LESSON OPTION
CREATE A JOURNAL

Decide what type of journal you want to keep. Whether you use a notebook, your computer, or your tablet, choose a medium you feel comfortable writing in. Journaling helps you remember your life experiences and is a constructive way to process your thoughts and emotions. It also is an outlet for storytelling and accessing your imagination. Create a journal habit by setting a daily goal. Challenge yourself to write every single day, and make it part of your routine.

Set a purpose for your journal:
- A daily personal entry
- A travel log of adventures
- An art journal to draw, paint and collage
- A place for storytelling

Find a source of inspiration to write about.
- What’s going on in your life?
- Reflect on a memory.
- Explore your emotions or feelings.
- Record your dreams.
- Use a writing prompt.
- Track your progress.
- Write your own story.

Decide on a "point of view." Will you write in the "first person" perspective (using I/we pronouns), or "second person" (you pronoun), or "third person" (he/she/it/they pronouns)?

Write freely; don’t worry about making errors or making sense. Just let it flow.