Why You Should Do This Journal

What IF your tomorrow doesn't come?

That's a question we really don't like to think about, isn't it? But none of us know what tomorrow has in store. It's not good to stress about it too much, but it is good to make sure certain things in your life are squared away. Things like making sure the people you love and care about know exactly how you feel about them.

We all have days when our relationships get rocky and sometimes we can say pretty hurtful things to people we really care about, especially when we're really angry or frustrated. It may take a day or two to smooth things over, and even if it takes a little longer, we always think, well, there's always tomorrow, right?

But, what if your tomorrow doesn't come? What if tomorrow doesn't come for your parent or a special adult in your life? What important words would never be shared? Would they really know how you feel about them?

Now they can. It's as simple as you taking a short amount of time to write a little something in this journal. The questions are super easy but they are also super meaningful. Every word you write will be treasured by the person who will receive this journal. You can give it as a gift or you can keep it some place where someone would find it if something happened to you. Please don't let anyone you love ever doubt what you felt for them.

No one else but YOU can give this wonderful, personalized gift!

What to Say and How to Say It

The important thing for you to remember as you begin to complete this journal is you can NOT do it wrong. Whatever you write will be considered a special gift to the person reading your words.

Just write your thoughts as you would speak them. The journal asks you a question, so just answer it like you are talking to the person who will receive the journal. There's no need to try to sound like anyone but YOU. That's what will make it precious to the person for whom it is intended.

You may complete a page or you may fill in only a few lines. That's fine. You may also add extra sheets of paper if the space provided doesn't allow you to say all you want to say. There is no required word count. Once you complete the journal, you may want to add extra sheets to update some entries at a later time.

The important thing is to take advantage of today to make sure the people who are dear to you will have no doubt just how important they were to you. They will have the proof in their hands, but more importantly, they will now know it in their hearts. It will be a gift that will provide comfort in a way that nothing else can. Think of it as an "insurance policy" from your heart.

So, please don't be intimidated. Sit down and get started. Once you're finished, give the journal as a gift or put it in an envelope or box addressed to the selected person and keep it in a place someone will find it. You will then ALWAYS have a final farewell readied IF it is ever needed.

One of the earliest memories
I have about you is ...

It meant a lot to me when you ...

One of the best gifts
you ever gave me was ...