

WHY YOU SHOULD DO THIS JOURNAL

What IF your tomorrow doesn't come?

Once I became a parent, a new world of stresses engulfed me. I worried about my kids' health and safety, but I also experienced a more intense concern regarding my own mortality. Not so much about how it impacted me, but more frighteningly, how would it impact my beloved children?

If I died unexpectedly, what would they remember about me? More importantly, would they know what I truly felt for them – what memories I held dear – what I wanted for the futures?

The first time I flew without them, I wrote my sons, Mark and Vince, each a letter and then tucked the notes in my bedside table *just in case* I didn't make it home. It may have seemed a bit melodramatic, but it helped in a small way to put my heart to rest. The world around me constantly reminded me that *tomorrow* frequently did *not* come for many folks.

Life does not always go according to our plan, and like it or not, we will all face a final curtain in our lives. Sometimes, we have time to prepare for that day. Other times, death swoops down on us like a dark bird of prey. We're ripped from our safe nest of existence and the plans we may have had for our future are shredded in an instant.

For parents, the thought of our children dealing with the grief, shock, and despair of our passing can be heart wrenching. But, what *if* you had the chance to say a final farewell to them? Let them know your thoughts and memories?

You now have the power to do just that. The heartfelt questions in this journal allow you to say what you need to say. Words from your heart will open that slammed door, leaving *no* doubt

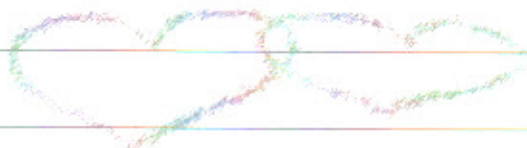
how you felt about them. And, that door will re-open each time your words are read.

My own goodbye letters have morphed into journals like the one you are holding, and the intended recipients now include my grandkids, Zenia, Sabryn, Jaegur, and Aerin, my husband, and all the people who hold a special place in my heart. No one is going to have to wonder how I felt about them or what I want for their futures.

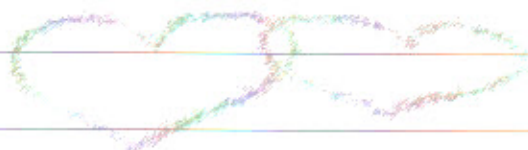
When my time on earth ends, I may not be able to physically embrace them, but I can reach out to gently touch their hearts. I know my words will matter to them, and knowing they will never doubt my love makes my heart smile and rest easier.

So, please don't wait another day. Get busy writing down your thoughts so your beloved child (*even if they've now got kids of their own*) knows exactly what was in your heart.

*My thoughts when I learned
you were to be born were ...*




*If I could change a choice I made
that hurt you, it would be ...*



*When you get sad, frightened or
overwhelmed, I want you to ...*

Handwriting practice lines with a drawing of two hands holding a heart.



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*If someone you trust disappoints you,
I want you to ...*

