Why You Should Do This Journal

What IF your tomorrow doesn't come?

Like it or not, we 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 futures are shredded in an instant.

News reports offer daily accounts of car accidents, plane crashes, and many other types of untimely deaths. Over 100,000 Americans die annually from accidental deaths. That's a lot of people who lived the last hours of their last day oblivious to the fact their tomorrow was not going to come. For those left behind to deal with that harsh reality, the grief, shock, and despair can be debilitating. The door to further communication is slammed shut.

But what IF you had the chance to say a final farewell to those you care about? Let them know what was in your heart – what you hoped for their future – how you would want them to move forward and remember you.

You now have the opportunity to do just that. The heart-felt questions in this journal allow you to say what you need to say before it's too late. Words from your heart will open that slammed door, leaving NO doubt how you felt about those who mattered in your life. And, that door will re-open each time your words are read.

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

What to Say and How to Say It

Some folks have no problem when it comes to writing down their feelings, but for many others, it can be a stressful task. 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 it.

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 most wonderful things about you is ...

One moment in time I would like to relive with you would be ...

My first memory of you is ...

The most significant blessings in my life were ...