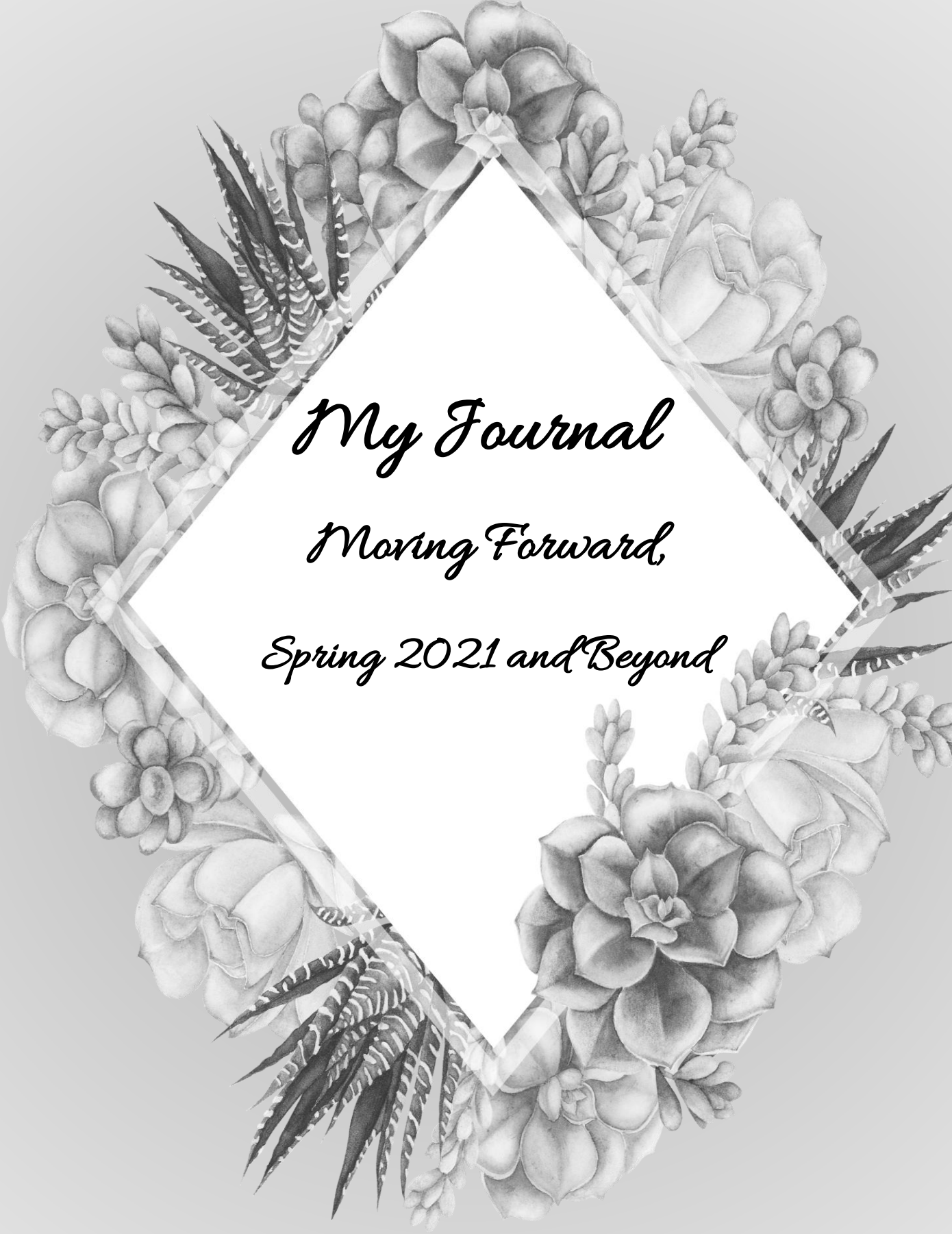
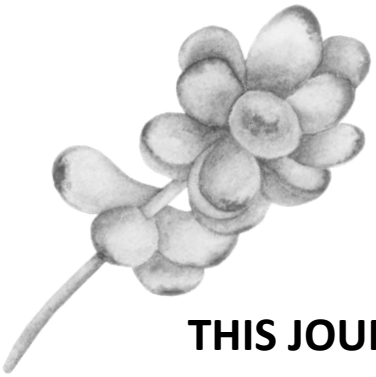


My Journal

Moving Forward,

Spring 2021 and Beyond



THIS JOURNAL IS PRESENTED TO YOU BY

Carol Brusegar

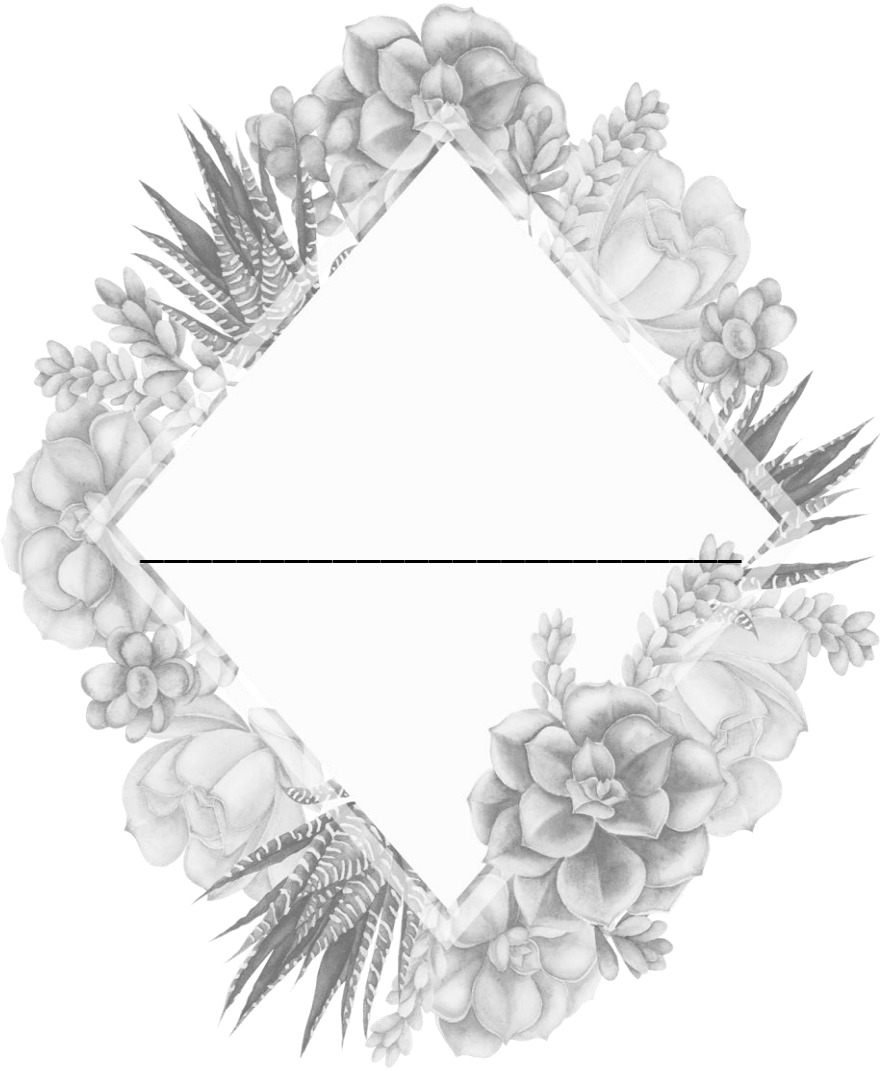
Please visit my website
https://carolbrusegar.com

Get my **free e-course** on journaling here:

https://carolbrusegar.com/journaling-explore-the-possibilities-with-my-free-ecourse/

Join my **Facebook Group:**
https://www.facebook.com/groups/journalingatoolforlife

This Journal Belongs to:



USING THIS JOURNAL

This journal is intended as a tool for you in this unique times. Recording your experiences, reflecting, and looking forward is useful now and will be a treasure in the future. Having your own account of these times can be therapeutic and provide an immediate outlet and be a treasure for you, your children, grandchildren and great grandchildren in the future. As we all move into what is next, these reflections and questions may help you identify and grasp the opportunities we are being offered.

The following pages are for you to download and print. Make more copies of specific pages as you need them. Included are:

- **Summary of My Experiences and Impacts of the First Year of the Pandemic, March 2020 – March 2021.** Reflect on how you became aware of and were affected by the Covid-19/corona virus crisis as the months progressed. Include as much as you can about facts, feelings, reactions and other reflections.
- **A List of Prompts and Ideas to Explore** to give you starting points and topics when you journal. Add to the list as you choose.
- **Journal pages**. There is a place for the date at the top and to add something you are grateful for at the bottom.
- **Other pages** to record things you think of as you journal. These help you pull things out of your writing into categories to use later. For example: People to get back into contact with, accomplishments and achievements, things you want to remember, questions that have been raised, future bucket list, things you will think of or do differently, and a blank page for you duplicate and add topics.
- **Doodle/drawing page**

Print the number you need of each page, put them in a binder or folder, and start journaling. Make it your own. This journal can be a valuable part of your life during these challenging times.

My choice of images of succulents on the previous pages is to symbolize my intention for myself during these times. **Succulents** are hardy plants by nature. They have parts that are thickened, fleshy and engorged, usually to retain water in arid climates or soil conditions. They can withstand most of the harshest environmental conditions like small amounts of water and extreme temperatures. I encourage all of us to live through these days with an image of who we choose to be. This is one possibility**. What image will you hold and aspire to?**

Summary of My Experiences and Impacts of the First Year of the Pandemic, March 2020 – March 2021

Prompts and Ideas to Explore

As we move forward out of the worst of the pandemic, here are some questions and thoughts for you to select as prompts for your writing. They are in no particular order and there is overlap as we can look at the same things from different angles. Choose ones that you want to write about and add others that come to mind.

- Things I learned in the past year during the pandemic:
    - About myself and others…
    - About my relationships
    - About my home life
    - About my life-work balance
    - About my ability to cope in drastically different situations
    - About the role of technology in my life
    - About routines and rhythms I either want to carry forward or discard

- I have realized the value of …
- This has made me realize …
- Things I will *think of* differently after this …
- Things I will *do* differently after this …

- As we move forward, I am concerned about…
- I am angry about…
- My greatest fears are…

- Things I want to remember about this experience …
- These are my questions …

- I celebrate …
- I wish that…
- I hope these things will change in my community and beyond after this …
- I'm committed to advocate and work toward these changes …

Date(s): _____

I am grateful for:

People I Want to Re-Connect With

Accomplishments and Achievements

I Want to Remember.....

Things to Do Later/Bucket List

I Have Learned/I Am Learning

Questions Raised By This Experience

Things I Will Think Of Or Do Differently

Doodles & Drawing