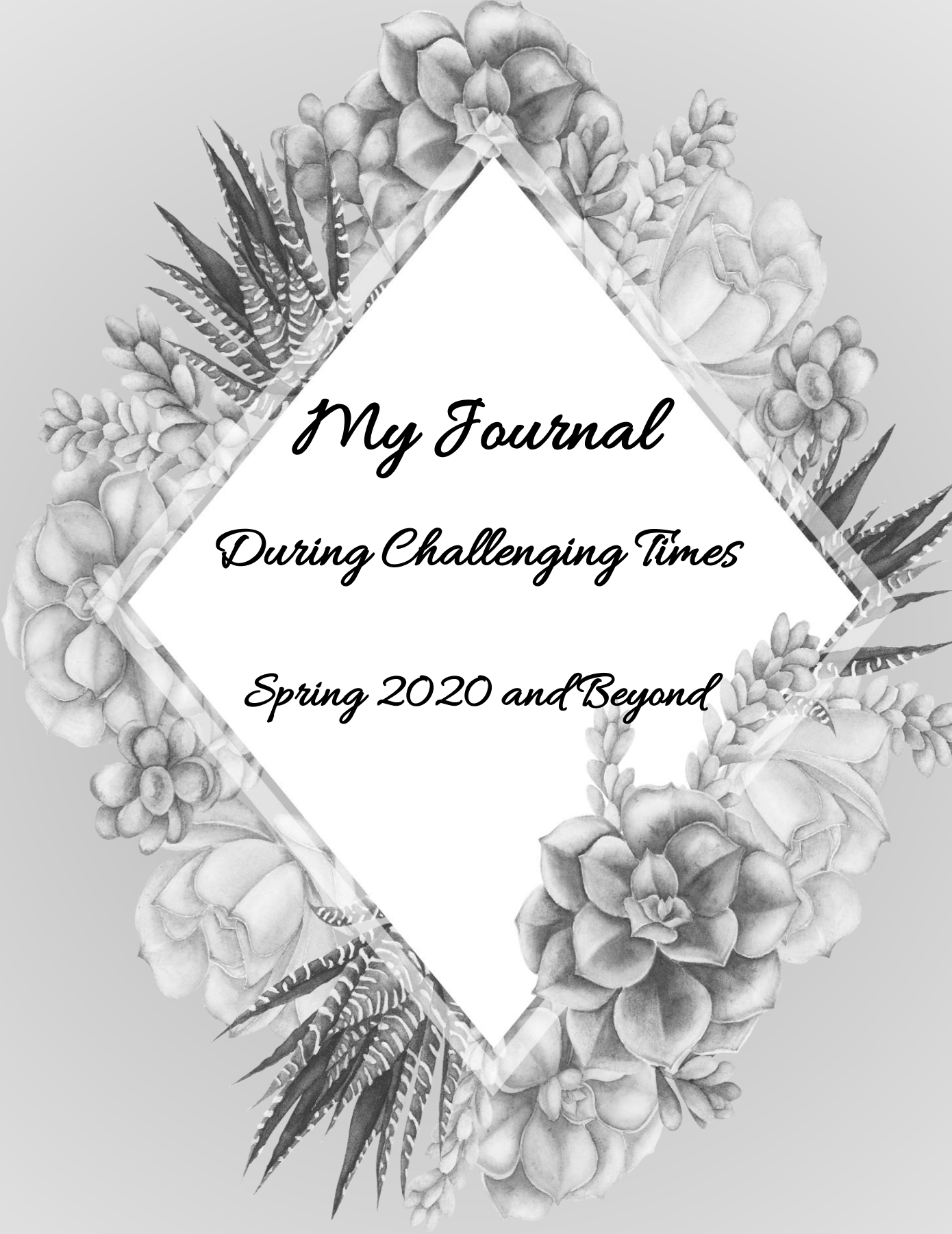


My Journal

During Challenging Times

Spring 2020 and Beyond

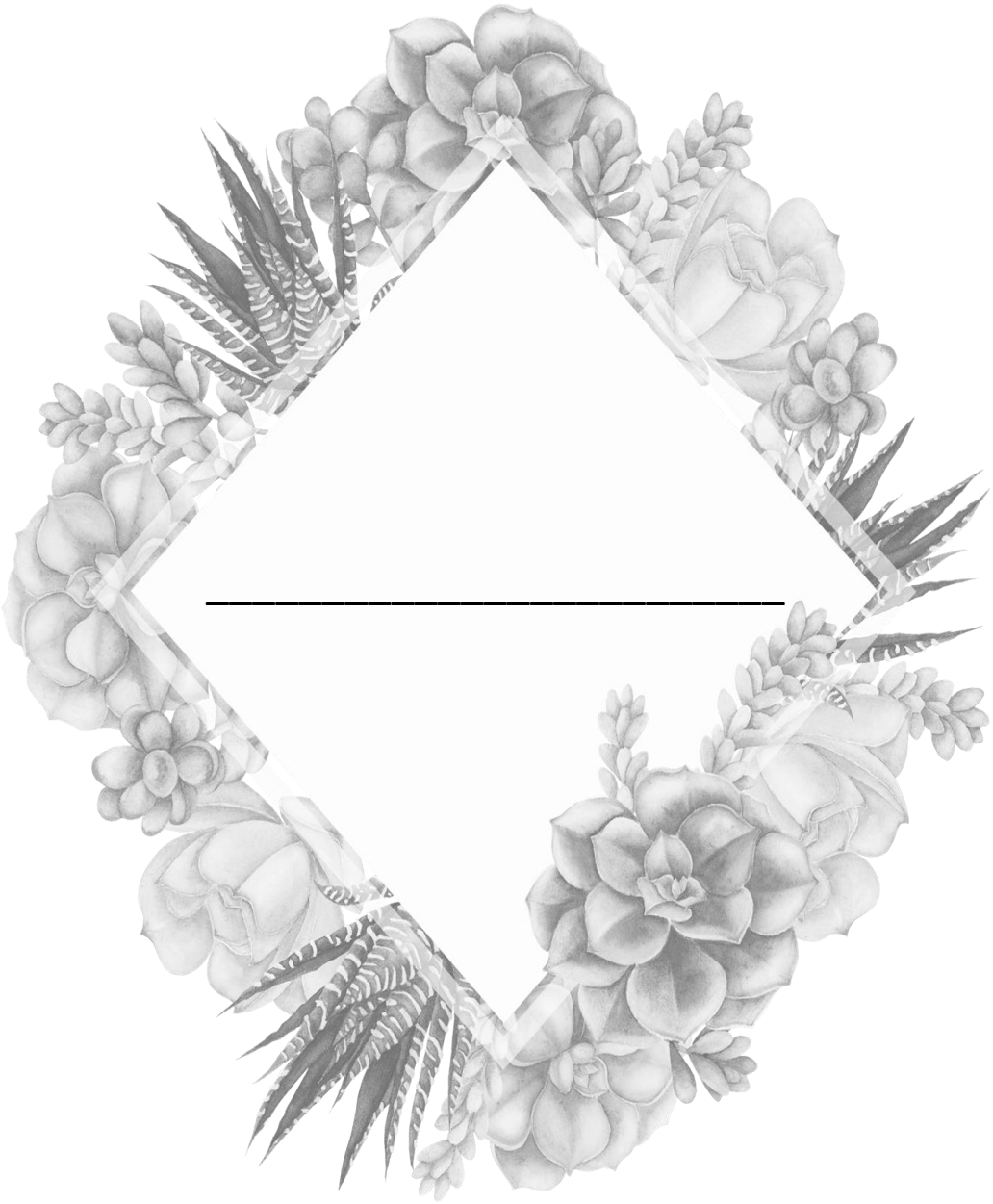
THIS JOURNAL IS PRESENTED TO YOU BY

Carol Brusegar

https://carolbrusegar.com

Please visit my website
or Facebook Group,
Journaling - a Tool for Life

This Journal Belongs to:



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USING THIS JOURNAL

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?**

With this journal, you are creating a record of a unique time and of your experiences. It can be therapeutic and provide an outlet now and also be a treasured account for you, your children, grandchildren and great grandchildren in the future. It can also help you move into what is next. May we see this crisis as including opportunity as well as danger.

These pages are for you to download and copy. Pages included are:

- **How the Crisis Began** for you to reflect on how you became aware of and began to be affected by the Covid-19/corona virus crisis. Include as much as you can about facts, feelings, reactions and other reflections.
- **Daily/near daily pages** for you to use from this point forward. There is a place for the date at the top and to add something you are grateful for on that day at the bottom.
- **Prompt List** to give you starting points and topics when you journal. Add to the list as you choose.
- **Other pages** to record things you think of as you journal: People to stay in contact with, accomplishments and achievements, things you have learned during this time, questions that have been raised, future bucket list, things you will think of or do differently, and a blank page for you to add topics.
- **Doodle/drawing page**

Make 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.

Recording and Reflecting on How the Crisis Began and How It Impacted Me/Us

Date: _____

Today I am grateful for:

Prompts and Ideas to Explore

Following are some questions and thoughts for you to select as prompts for your writing as the days go by. You can augment your thoughts, feelings and reflections with these. They are in no particular order; choose ones that you want to write about and add others.

- I am concerned about…
- These are my questions….
- I am learning these things about myself and others…
- I am angry about…
- I wish that…
- My greatest fears are…
- If I could have one person sharing this experience with me in my home it would be…
- Routines and rhythms that may help me/my household during this time are…
- I celebrate …
- I miss/am feeling the absence of …
- I am realizing the value of …
- This is making me realize …
- Things I will think of differently after this …
- Things I will do differently after this …
- I hope these things will change in my community and beyond after this …
- Things I want to remember about this experience …

People to Stay in Touch With

Accomplishments and Achievements

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