

## **Journaling is worth it** January 12, 2012

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It took me a year and a half but I recently finished my journal and started a new one. A lot has changed since July 2010...

Instead of getting emotionally reminiscent I'll simply say this:

Please keep a journal for yourself. Ask your parents if they have one. If they *don't*, ask if they wish they do. If they *do*, ask if it's been worth it.

Life is like a rubber band. Every time you stretch it, it goes back to its original size but it's always stretched just a *little bit* more than before. Journals help you see the stretch marks.