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Journal your Way to the Altar and Beyond

By Nily Glaser

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Congratulations! you are engaged to be married. You are at the door steps of the most exciting time in your life. Enjoy it! Chronicle it! Put your journey in a journal! and include your thoughts and feelings. Or better yet, transform your journal into a Wedding Scrap Book.

Create a family legacy to share the memories of your engagement, wedding and life together with your children and grandchildren.

Keep a diary of actions taken, experiences and feelings as they occur or shortly thereafter. Put your ideas, dreams, goals desires and aspirations on paper. Write about family happening about activities you participated in, about your friends and your loved ones. How you feel and whatever is important to you at that moment, and by all means add pictures.

Keep a little pad and a pen handy in your pocket, purse or bag at all times and write in it. This will assure that what you write is fresh and is not written from memory.

Actually keeping a journal will help you prepare for your wedding and beyond. The action of putting your experiences, thoughts, feelings, ideas, dreams, desires and aspirations on paper will accomplish more than merely a record to look back to and share with the following generations.

When you make your journal, your "best friend", it will help you reduce the stress that builds up as you prepare for your wedding. If you continue after your wedding, the mere

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act of journaling will reduce stress that comes with married life. Additionally your journal will help you set goals, get organized and focus on the task at hand.

Your journal is a reflection of you! Make it very personal and very special! choose what you will write in, what you will write with, what pictures you will include and whether you'd like to add some quotes to reflect your personality. Look at as many options as are available to you and select the ones that are "you". Whether you opt for natural paper books and fancy pens, or prefer to write using your computer you must be comfortable with the tools you choose. If you opt for the computer, make sure you are comfortable with the set up and that you not only back it up, but print the pages.

Writing your journal should be fun. Don't be afraid to express yourself in all aspects of your chronicles.

You'll encounter days with more, days with less and days with no material to write about, and this is ok! Always remember that the journal is your most personal record. You are in charge! There are no have to's, no excuses, no judgments and no criticism.

So, as you prepare for your wedding and your new life ahead, keep a journal, and place it for safe keeping.

Eventually, your journal may become a treasured keepsake – a family heirloom!

Think of how much fun it will be to review it with your loved one as you celebrate a significant anniversary or another special occasions, or as your child prepares to get married.

If you want to store your Chronicles in a Wedding Time Capsule" Go to:
<http://www.a-weddingday.com/malldirectory/malldirectory1.html>

Happy journaling! ENJOY!

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Learn From The Characters

By Matthias Reightman

Your life is shaped and influenced by the people that you live with, work with, and hang out with. People are definitely the single biggest source of influence in each other's lives. If you think of your life as a story, the people in your life are the characters in the story. Just like you can learn from characters in any good novel, you can learn many things from the characters in your own story.

I met a woman once that kept a journal specifically about things she was learning from the people, or characters, in her life. She had just spent a summer backpacking in Europe and the pages of her journal were filled with biographies of the characters that she met that summer. Some were more influential than others, of course, but she was intentional about learning from even characters that showed up in her story for just a few minutes. I was so impressed by her commitment to learning from living and I was inspired to create a similar journal just for the characters in my own life.

Since starting my own characters journal, I have learned more from people than I ever thought possible. I began the journal by listing the main characters that were frequently a part of my days. These included my family members, closest friends, and co-workers that I interacted with often. I wanted to make this list of main characters because sometimes the people we are closest to are the hardest ones to be intentional about learning from. By having a list in the front of my journal I was reminded of them often.

My journey of learning from the characters in my life has been simple and yet profound. I take a few minutes at the end of each day to record things I have observed or learned from others. Sometimes I see characteristics in other characters that I want to make a part of my own character. Other times I see things in people that I want to warn myself against ever becoming. Whatever the case, I am careful to observe the world around me for anything I might learn about living better. For example, a few months ago I met a woman that had the loveliest ability to tell engaging stories. I recorded her talent in my characters journal that night with a special note that I want to learn how to tell stories better. One day my father told me a story about his childhood. My characters journal that night told of a newfound respect I had gained for my father by learning more about his life. Some of the best lessons of my life have come from the main characters in my life. I would never have learned or remembered many of these lessons without keeping track of them in a characters journal.

Consider starting a journal of the characters that are a part of your story. You'll be glad you did.

Matthias Reightman has been advising people to learn from the characters in their lives for years. Check out more at



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