

The **Best**

thing I ever did

to **Grow Spiritually**

me first



# Journaling works for **Aaron**

me first



# What is Journaling?

me first



# Chocolate-Covered Kiwi Popsicle





# Chocolate-Covered Kiwi Popsicle



NAILED IT. CRAFT FAIL



# Waffle Iron Cookies





# Waffle Iron Cookies







# Cookie Monster Cupcakes





**Cookie Monster Cupcakes**



**Nailed it**



















# What is Journaling?

me first









# What is Journaling?

me first





A Journal should be what  
**You need** it to be

me first





What a Journal  
does best:

me first





Journals **slow** you **down**

me first





Deep **thinking**  
comes at a **deliberate** pace

me first





You're going  
**TOO FAST**

me first





# Bad Reasons to Journal:

me first





1.

Because **Spiritual** people do it

me first





2.

Because I want someone to  
**write** a **biography**  
about me

me first





3.

Because I'm **undisciplined**  
and I want to be **disciplined**

me first





# How I Journal:

me first





Prayerful **meditation**  
on life's events through the  
**lens** of God's Word

me first



# How I Journal:

me first





# Order:

me first



# Order:

1. Journal

me first





# Order:

1. Journal
2. **Pray**

me first



# Order:

1. Journal
2. **Pray**
3. Read

me first





# Order:

1. Journal
2. **Pray**
3. Read
4. **Journal**

me first



# How I Journal:

me first





Find personal  
**motivators** to journal

me first



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