The Best thingleverdid to Grow Spiritually

Journaling works for **Aaron**

What is Journaling?

me first





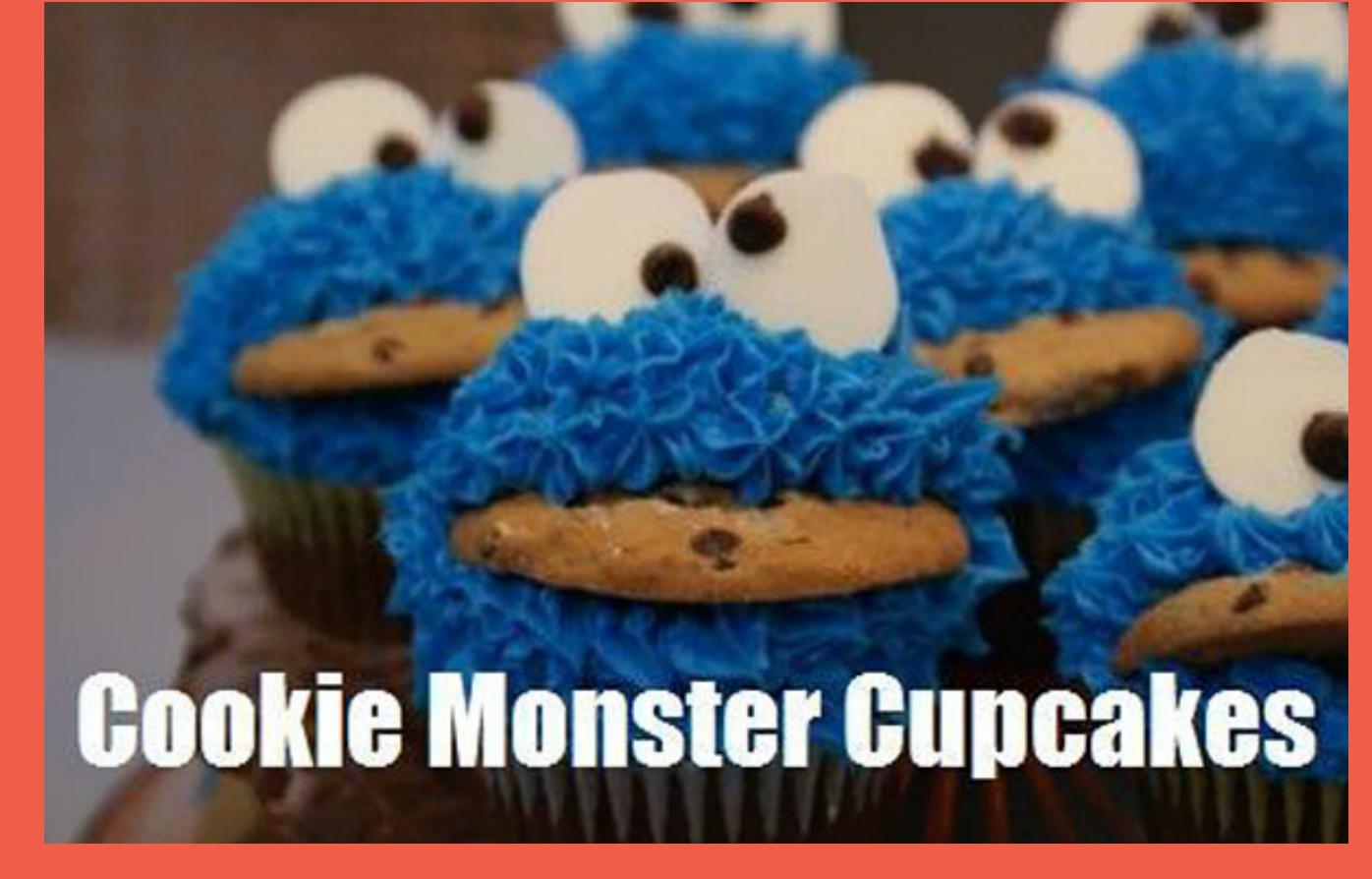


























What is Journaling?

me first



What is Journaling?

me first

A Journal should be what You need it to be

What a Journal does best:

me First

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Journals slow you down

Deep thinking comes at a deliberate pace

You're going TOO FAST

Bad Reasons to Journal:



Because Spiritual people do it

Because I want someone to write a biography about me

me First

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3.

Because I'm undisciplined and I want to be disciplined

me First
222388

How I Journal:

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



How I Journal:

I. Journal



- I. Journal
- 2. Proy



- I. Journal
- 2. Pray
 3. Read

- I. Journal
- 2. Pray
 3. Read
- 4. Journal

How I Journal:

Find personal motivators to journal

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