

TAKE A MINUTE and

Jot It Down



It's easier than you think. Here are some tips:

Create a memory box for holding incidental treasures. It doesn't have to be lavish or organized, just easy to get to.

Keep a stack of index cards within easy reach. When the kids do or say something funny or wonderful, jot it down and put the card in the memory box. Remember to put the date on it.

Keep a "My Day Was" journal. Use adjectives such as great, frustrating, productive, stressful, calm, busy, amazing, etc. to describe your day. You don't have to write a novel.

Put the date on ticket stubs, invitations, cards, etc. and stick them in the box.

Other items to include:

- New Year Resolutions
- Personal goals such as exercise, volunteering, traveling
- Awards and/or achievements
- Favorite quotes
- Jokes
- Random thoughts

Review the contents at the end of the year.