



# The Road You've Traveled: How to Journal Your Life

*Jane Saylor*

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## **The Road You've Traveled: How to Journal Your Life** Jane Saylor

The Road You've Traveled is a valuable how-to which assists people in recording their life. Each chapter contains tips, ideas, and a tank of mental gasoline to help you recall lost memories. Your thoughts will be well organized as you journal your past and allow yourself the opportunity to choose the right roads into your future. This book was created out of a series of lesson plans which were researched and developed in 2002 for the purpose of teaching senior citizens how to write their life story. In the process of teaching these lessons, the realization came that people of any age can benefit from this process. It's been said by many to be therapeutic; some have been able to come to terms with their past and have learned to welcome their future with enthusiasm. You don't need a "vehicle" to get you into the future, just a map, a map with other roads that will cross here and there and offer you choices. These are choices you'll be better able to make if you have a general destination in mind. Follow your intuition, listen, and enjoy life because this is not a dress rehearsal, this is the main stage and most importantly enjoy every day, and every moment. No other moment will be just like it. No other person will live your life as you will. Enjoy the road that you choose to travel!

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