

Dear Diary



Why?

- ❖ Comforting—a safe place to write experiences, questions, and thoughts.
- ❖ Clarifying—helps to figure out emotions and beliefs.
- ❖ Permanent—the most amazing keepsake possible.

How?

- ❖ Write when you want.
- ❖ Write in your true voice.
- ❖ Capture small and big moments.
- ❖ Take your diary with you.
- ❖ Date your entries.

Why?

- ❖ Now.