

**1. Watch chapter 8 from The Docudrama of the Restoration, Trek West, DVD.** (Video clip provided online for viewing.)

**2. The Savior emphasized the importance of keeping records.**

“‘And it came to pass that Jesus commanded that it should be written; therefore it was written according as he commanded’ (3 Ne. 23:6–13). One of the most valuable records is the one you keep of your own life...We urge our young people to begin today to write and keep records of all the important things in their own lives and also the lives of their descendants in the event that their parents should fail to record all the important incidents in their own lives. Your own private journal should record the way you face up to challenges that beset you.” *President Spencer W. Kimball, New Era, Oct. 1975, © 2006 Intellectual Reserve, Inc. All rights reserved.*

**3. The courageous experiences of the pioneers would be lost if not recorded in journals.**

Someday you may have the opportunity to go on a pioneer trek and experience for yourself some of the hardships the pioneers faced. By reading their journal stories we can learn of both the emotional struggles and physical hardships that can help us face our own trials.

**4.** Explain to your family that one important reason to keep a journal is that we have been asked to by the Savior and His prophets. Developing a habit of keeping a journal while you are young will help establish the journal habit. You don’t have to write in your journal every day, but you should write in it often about everyday events as well as special occasions.

**5.** Discuss with your children the kind of things he or she might want to record in their journals (joys, sorrows, special occasions, feelings, challenges, testimony, triumphs, failures, etc.). Your journal should contain your “true self”, but don’t dwell on the negative.

**6. Share an entry from your journal or from another family member.**

**7. Help each child record an event in their journal (be sure to date entries).**

Parents or an older siblings can write for children who don’t know how to print. Be sure to write it in their own words. They may also choose to draw a picture of an event. Encourage children who can print to write themselves. (You may choose to assist with spelling but helping a child to articulate how they feel is more important.) (See activity for copies of journal pages.)

**Quote:**

“Get a notebook, a journal that will last through all time, and maybe the angels may quote from it for eternity. Begin today and write in it your goings and comings, your deepest thoughts, your achievements and your failures, your associations and your triumphs, your impressions and your testimonies.

Remember, the Savior chastised those who failed to record important events.”

**President Spencer W. Kimball**