


My Life

A kid's journal



**This journal
belongs to:**





This is a journal just for you
to write your private thoughts
and share special moments
that happen while that special
person is away. We have
created this journal to serve
as a source of comfort and a
keepsake for you, or for you to
use as a gift to complete and
send to that special person who
is away serving our nation.
When you see a blank space,
just write the name of your
special person.





*Insert your favorite photo
of that special person.*

What I know about
my _____ deployment ...



Left on:

Three horizontal blue lines for writing.



Returns on:

Three horizontal blue lines for writing.



Went to:

Three horizontal blue lines for writing.



In the _____ time zone.
That means when it's morning here,
it's _____ there.

Things I want to do with my _____
when he/she returns home ...



Things I want to do with my _____
when he/she returns home ...



Things I want to tell my _____
when he/she returns home ...



A large speech bubble with an orange outline and a white interior. It contains five horizontal orange lines for writing.



A large speech bubble with a blue outline and a white interior. It contains five horizontal blue lines for writing.



A large speech bubble with a red outline and a white interior. It contains five horizontal red lines for writing.



A large speech bubble with a black outline and a white interior. It contains five horizontal black lines for writing.

Things I want to tell my _____
when he/she returns home ...



A speech bubble with an orange outline and a white interior. It contains five horizontal orange lines for writing.



A speech bubble with a blue outline and a white interior. It contains five horizontal blue lines for writing.



A speech bubble with a red outline and a white interior. It contains five horizontal red lines for writing.



A speech bubble with a black outline and a white interior. It contains five horizontal black lines for writing.

New movies I saw ... Places I went ...





New movies I saw ... Places I went ...







... Things I did ...





... Things I did ...





New things I learned while my _____ was away ...

Blank lined paper with a yellow pushpin.

Blank lined paper with a red pushpin.

Blank lined paper with a yellow pushpin.

Blank lined paper with a red pushpin.

New things I learned while my _____ was away ...

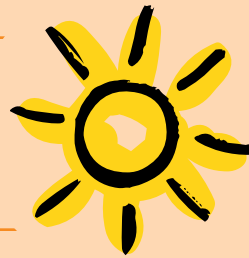
A blank sheet of white lined paper with a red margin line on the left side, pinned to the corkboard with a yellow pushpin at the top center.

A blank sheet of white lined paper with a red margin line on the left side, pinned to the corkboard with a red pushpin at the top center.

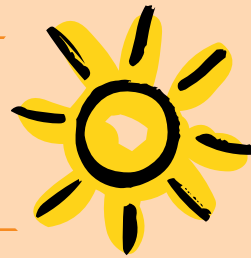
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A blank sheet of white lined paper with a red margin line on the left side, pinned to the corkboard with a red pushpin at the top center.

What cheers me up most when
my _____ is away is ...



What cheers me up most when
my _____ is away is ...



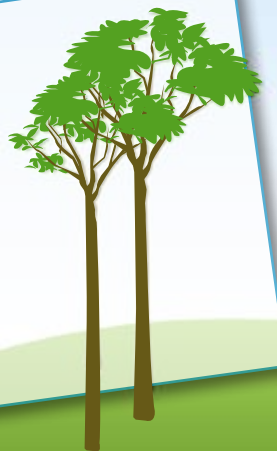
Things I want to know about what
it's like where my _____ is ...



Today I feel ...

Date:

Lined writing area with 15 horizontal blue lines for text entry.



Today I feel ...

Date:

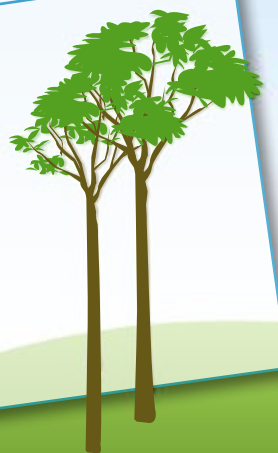
Lined writing area consisting of approximately 18 horizontal blue lines on a light blue background.



Today I feel ...

Date:

Lined writing area with 15 horizontal blue lines for text entry.



Today I feel ...

Date:

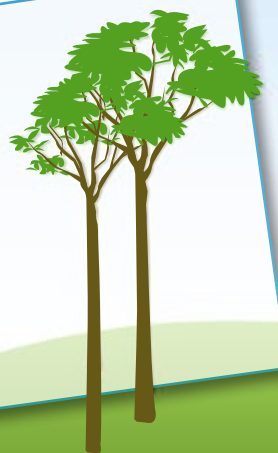
Lined writing area with 15 horizontal blue lines for text entry.

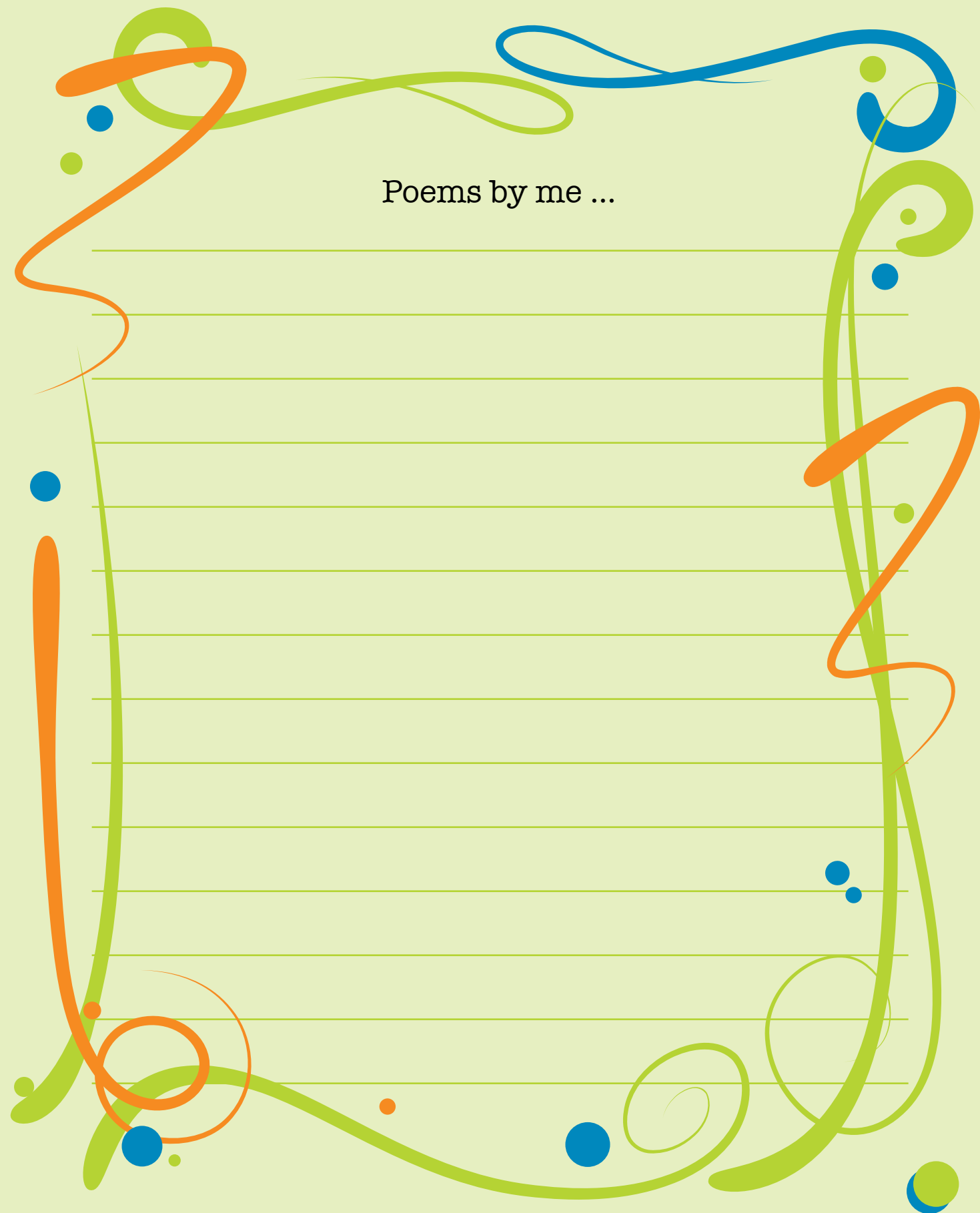


Today I feel ...

Date:

Lined writing area with 18 horizontal blue lines on a light blue background.



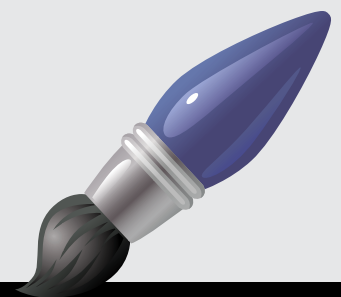


Poems by me ...

Art by me ...



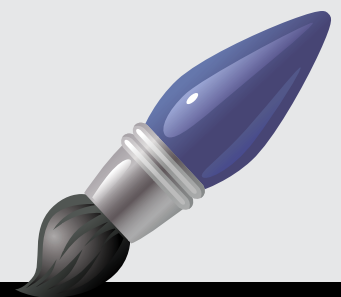
Art by me ...



Art by me . . .




Art by me . . .



Art by me . . .





We'd love to hear from you.

Do you like the journal? Would you like more? How can we make it better?

In an effort to support our nation's military children, this journal has been created to provide

children with additional resources to successfully navigate the unique challenges military families face.

For comments, questions or feedback please email

HNFS_Communications@healthnet.com.

Thank you.





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