

HOW TO JOURNAL: A LITTLE STORY ABOUT FINDING YOUR WORDS



BY [CHILDBOOK.AI](https://childbook.ai)

Maya sat at her desk, staring at the empty notebook in front of her. She had picked the prettiest one at the store, with a sparkly purple cover. But now the blank pages seemed scary instead of exciting. She tapped her pencil against the desk. What should she write? Her life felt too normal to put into words. She sighed and closed the notebook. Maybe tomorrow she would think of something interesting to say.



The next morning, Maya tried again. She wrote the date at the top of the page and stopped. Then she remembered something her teacher said about writing. Just start with what you see. Maya looked around her room and wrote: My cat is sleeping on the windowsill. The sunlight makes her fur look golden. She smiled. That was two whole sentences! Maybe she did not need big ideas. Maybe small moments were enough.



Every day that week, Maya wrote a little more. She described her breakfast. She wrote about a funny thing that happened at recess. She drew a tiny picture of her favorite shoes. One day she wrote: I felt nervous before my math test. Writing it down made the worry feel smaller somehow. Maya realized her journal was not about writing perfectly. It was about capturing pieces of her life, the ordinary and the special mixed together.



Two weeks later, Maya had filled ten pages. Some entries were one sentence. Others filled a whole page. She wrote lists, doodles, questions, and dreams. Her journal did not look like anyone else's, and that was perfect. Maya learned that finding your words meant finding your own way to use them. She smiled and wrote: Today I discovered that my voice matters, even in whispers on a page. Then she turned to a fresh page, ready for tomorrow.



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