**Preserve Your Memories**

One of the great things about having a journal to document your life is that you have an easy way to preserve your memories. You are writing down every piece of your life, or at least the things you personally find the most important.

Over time, you will probably collect many journals full of thoughts, feelings, memories, and yes - some regrets and bad choices. But everything you do in your life is what makes you who you are, not just the good parts.

**How to Preserve Your Memories with a Journal**

You can start preserving your memories in a journal simply by writing everything down. Document your days, including what you did, plans you are making, whether things went the right or wrong way, and how you felt about certain situations.

When something notable happens, such as meeting someone new, write it down! Don’t worry if something seems inconsequential right now – later you might change your mind. You might have an acquaintance that someday becomes your best friend or even spouse. You want to have the memory of how you met.

While you don’t have to feel pressures to document every second of every day, writing down what happens each day is a great way to start using the journal, and is especially helpful during times when you might have a little writer’s block.

*Don’t Forget to Add Pictures!*

As you are documenting your life in the daily journal, try to add pictures when you can. Maybe there were moments like parties or other special events where a picture would add to the journal entry, or you just want to doodle a picture that explains how you were feeling at that moment. These all become precious keepsakes later on.

**Organize Your Journals**

If you are like most people, you will have a large stack of journals every year. There will be days when you fill up one page or not even a page, but others days are so filled with thoughts that you end up filling up multiple pages. With daily journaling, this can add up quite a bit.

When you want to have memories saved in your journals, it means a little organization so you can look back and find the right one.

As you finish a journal, skim through it and make notes elsewhere about what went on in your life. This can be somewhat of a summary or index about your life in this specific journal. Keep that piece of paper inside the journal as a quick reference.

**Make Events More Meaningful**

Don’t forget that writing everything in your journal makes all of these events and memories more meaningful. You don’t just have something happen that passes you by, only to think about it every once in a while. It turns your entire life into a series of nostalgia, allowing you to look back at specific moments in time whenever you want to.