



MY LIFE AS I MOVE ...

**THIS JOURNAL
BELONGS TO:**

**THIS IS A JOURNAL JUST FOR YOU TO
WRITE YOUR PRIVATE THOUGHTS AND
FEELINGS ABOUT THE EXPERIENCE OF
MOVING OFTEN AS PART OF A MILITARY
FAMILY. WE HAVE CREATED THIS
JOURNAL TO SERVE AS A KEEPSAKE
OF THE PLACES YOU HAVE LIVED,
THE MEMORIES YOU HAVE MADE AND
THE SPECIAL PEOPLE IN YOUR LIFE.
THESE SPECIAL PLACES, MEMORIES AND
PEOPLE WILL ALWAYS BE A PART OF
YOU, NO MATTER WHERE YOU LIVE.
WE HOPE THIS JOURNAL SERVES AS
A SOURCE OF COMFORT AS YOU MOVE
FORWARD IN YOUR LIFE.**



NO MATTER WHERE I LIVE, THESE THINGS WILL ALWAYS BE A PART OF ME.

How do I like to spend my free time? What are my hobbies?

Lined writing area for the first question.



Reading ...

Lined writing area for the second question.

Exploring the outdoors ... Electronics ...



What makes me happy?
Running ... Riding my bike ...



What comforts me?
Movie night at home ...

Two sheets of white lined paper with horizontal ruling lines, intended for writing answers to the questions above.



What am I good at?

Painting ... Sports ... gymnastics ...





THESE ARE ALL THE THINGS I WOULD LIKE TO DO BEFORE WE MOVE:

Visit my favorite places ...

Lined writing area for 'Visit my favorite places ...'

Lined writing area for 'Say goodbye to friends ...'

Say goodbye to friends ...





Take pictures of all my favorite people and places ...

Lined writing area for taking pictures of favorite people and places.

Lined writing area for taking pictures of favorite restaurants.

Have dinner at my favorite restaurant ...



ONE OF THE PEOPLE I WILL MISS MOST IS

This is why he or she is important to me ...

Lined writing area for the first section.



Here's how we like to spend our time together ...

Lined writing area for the second section.

My favorite memory is when we ...

Lined writing area for the third section.





Here's how I'm feeling about moving
away from _____ ...

Lined writing area for the first section.



I know there are lots of ways to stay in touch.
Here's how I'd like to stay in touch with _____.

Lined writing area for the second section.

Email ... pen pals ... phone calls ... swapping pictures ... visits ... chatting online ...





ONE OF THE PEOPLE I WILL MISS MOST IS

This is why he or she is important to me ...

Here's how we like to spend our time together ...

Lined writing area for describing why the person is important.

Lined writing area for describing how to spend time together.



My favorite memory is when we ...

Lined writing area for describing a favorite memory.





Here's how I'm feeling about moving
away from _____ ...

Lined writing area for expressing feelings about moving.



I know there are lots of ways to stay in touch.
Here's how I'd like to stay in touch with _____.

Lined writing area for describing ways to stay in touch.

Email ... pen pals ... phone calls ... swapping pictures ... visits ... chatting online ...





ONE OF THE PEOPLE I WILL MISS MOST IS

This is why he or she is important to me ... _____

Blank lined writing area for the first section.

Here's how we like to spend our time together ...

Blank lined writing area for the second section.



My favorite memory is when we ...

Large blank lined writing area for the third section.





Here's how I'm feeling about moving
away from _____ ...



I know there are lots of ways to stay in touch.
Here's how I'd like to stay in touch with _____.

Email ... pen pals ... phone calls ... swapping pictures ... visits ... chatting online ...





ONE OF THE PEOPLE I WILL MISS MOST IS

This is why he or she is important to me ...

Here's how we like to spend our time together ...



My favorite memory is when we ...





Here's how I'm feeling about moving
away from _____ ...

Lined writing area for expressing feelings about moving.



I know there are lots of ways to stay in touch.
Here's how I'd like to stay in touch with _____.

Lined writing area for describing ways to stay in touch.

Email ... pen pals ... phone calls ... swapping pictures ... visits ... chatting online ...





KEEP IN TOUCH ...

Autograph: _____

Email: _____

Phone: _____

Best Wishes: _____



Autograph: _____

Email: _____

Phone: _____

Best Wishes: _____





KEEP IN TOUCH ...

Autograph: _____
Email: _____
Phone: _____
Best Wishes: _____



Autograph: _____
Email: _____
Phone: _____
Best Wishes: _____





KEEP IN TOUCH ...

Autograph: _____
Email: _____
Phone: _____
Best Wishes: _____



Autograph: _____
Email: _____
Phone: _____
Best Wishes: _____





KEEP IN TOUCH ...

Autograph: _____
Email: _____
Phone: _____
Best Wishes: _____



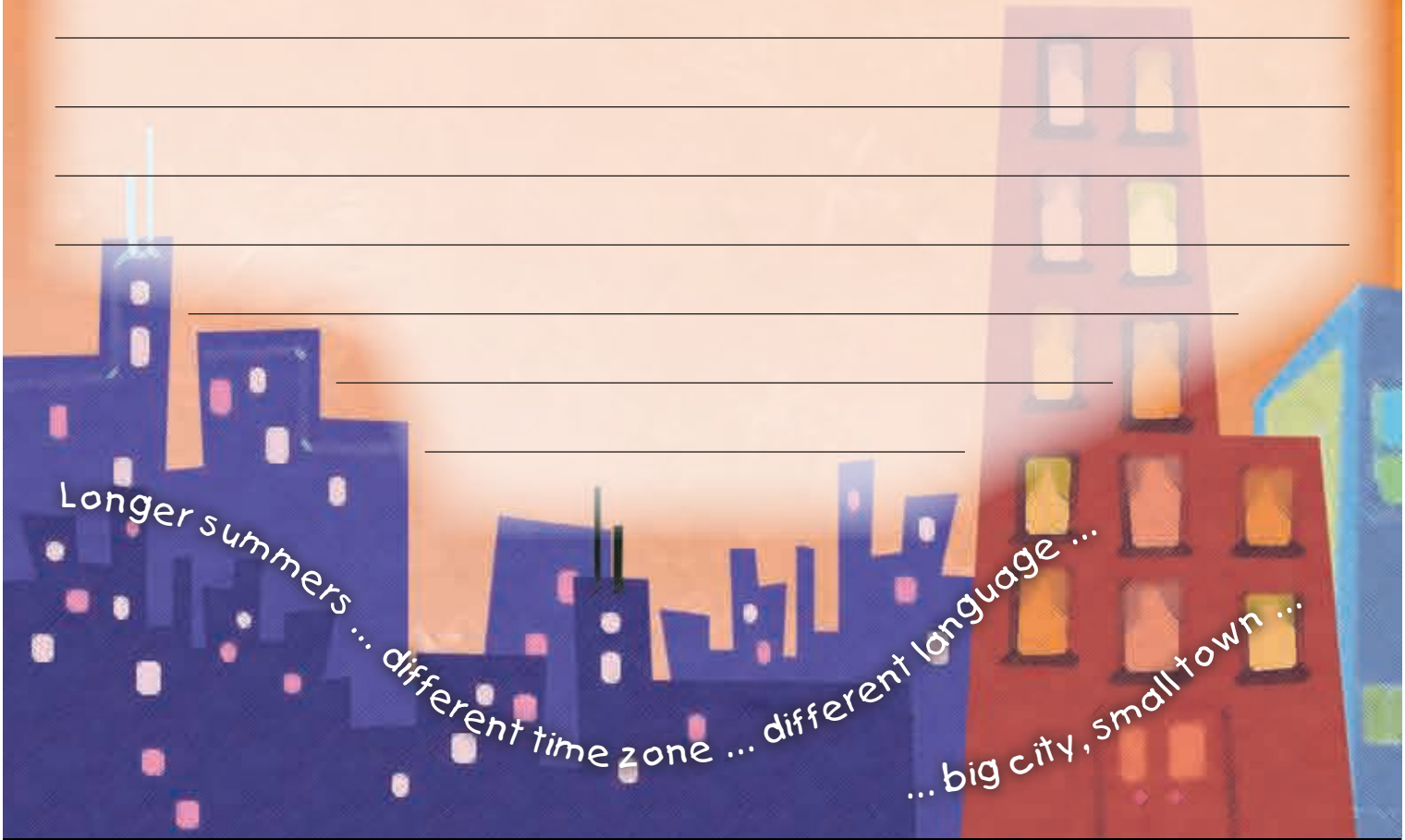
Autograph: _____
Email: _____
Phone: _____
Best Wishes: _____





SOON WE WILL MOVE TO _____.
HERE'S WHAT I LEARNED ABOUT THIS NEW CITY ...

Handwriting practice lines consisting of 15 horizontal lines on a light orange background with faint white clouds and stars.



Longer summers ... different time zone ... different language ...
... big city, small town ...

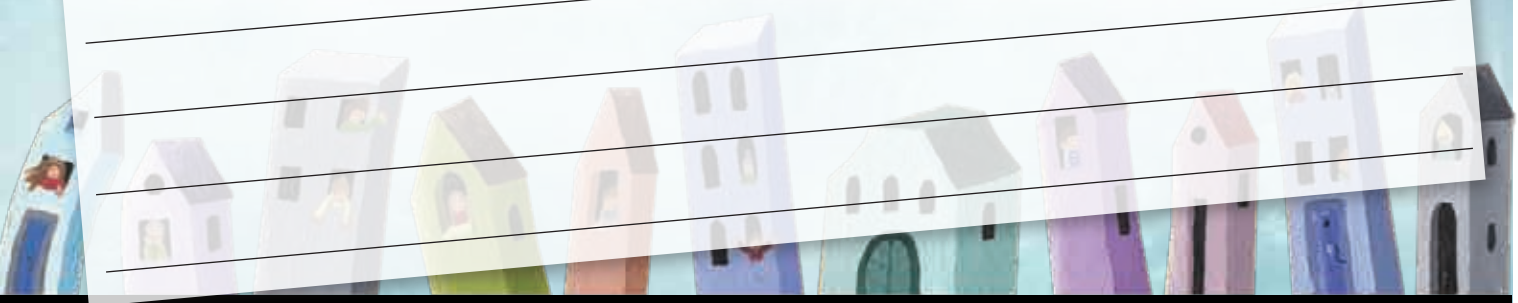


Here's what I want to ask my Mom or Dad
about the place we're moving to ...

A large white rectangular area with ten horizontal lines for writing, tilted slightly to the right.

Here's what I can do to be helpful during this move ...

A large white rectangular area with ten horizontal lines for writing, tilted slightly to the right.





WHAT I AM WORRIED ABOUT MOST IS ...

Blank lined paper for writing.

Blank lined paper for writing.



Blank lined paper for writing.





WHAT I AM EXCITED ABOUT MOST IS ...

Lined writing area (left side, top)

Lined writing area (right side, top)

Lined writing area (left side, bottom)





A GLIMPSE OF ME AT MY OLD SCHOOL.

Awards I received ...

Lined writing area for 'Awards I received ...'

Favorite Subject ...

Lined writing area for 'Favorite Subject ...'



Books I read ...

Lined writing area for 'Books I read ...' and 'Sports I played ...'

Sports I played ...





I WILL BE GOING TO A NEW SCHOOL.

This is how I feel about that ...

Lined writing area for the first section, consisting of ten horizontal lines on a white background.

This is how I feel about making new friends ...

Lined writing area for the second section, consisting of ten horizontal lines on a white background.





THINGS I WOULD LIKE MY NEW TEACHER TO KNOW ABOUT ME ...

Lined writing area for notes.

Lined writing area for notes.

Lined writing area for notes.

My best subject is ... I like to sit at the front of the class ...
...I get nervous taking tests ...



Here's what my first day at school was like ...

A large sheet of white lined paper with ten horizontal lines, intended for writing a story about the first day at school.

These are the people I met and the new friends I made ...

A large sheet of white lined paper with ten horizontal lines, intended for drawing and describing people met and new friends made.



HERE ARE SOME OF MY NEW SCHOOL'S ACTIVITIES THAT INTEREST ME ...

Blank lined paper for writing.



Blank lined paper for writing.



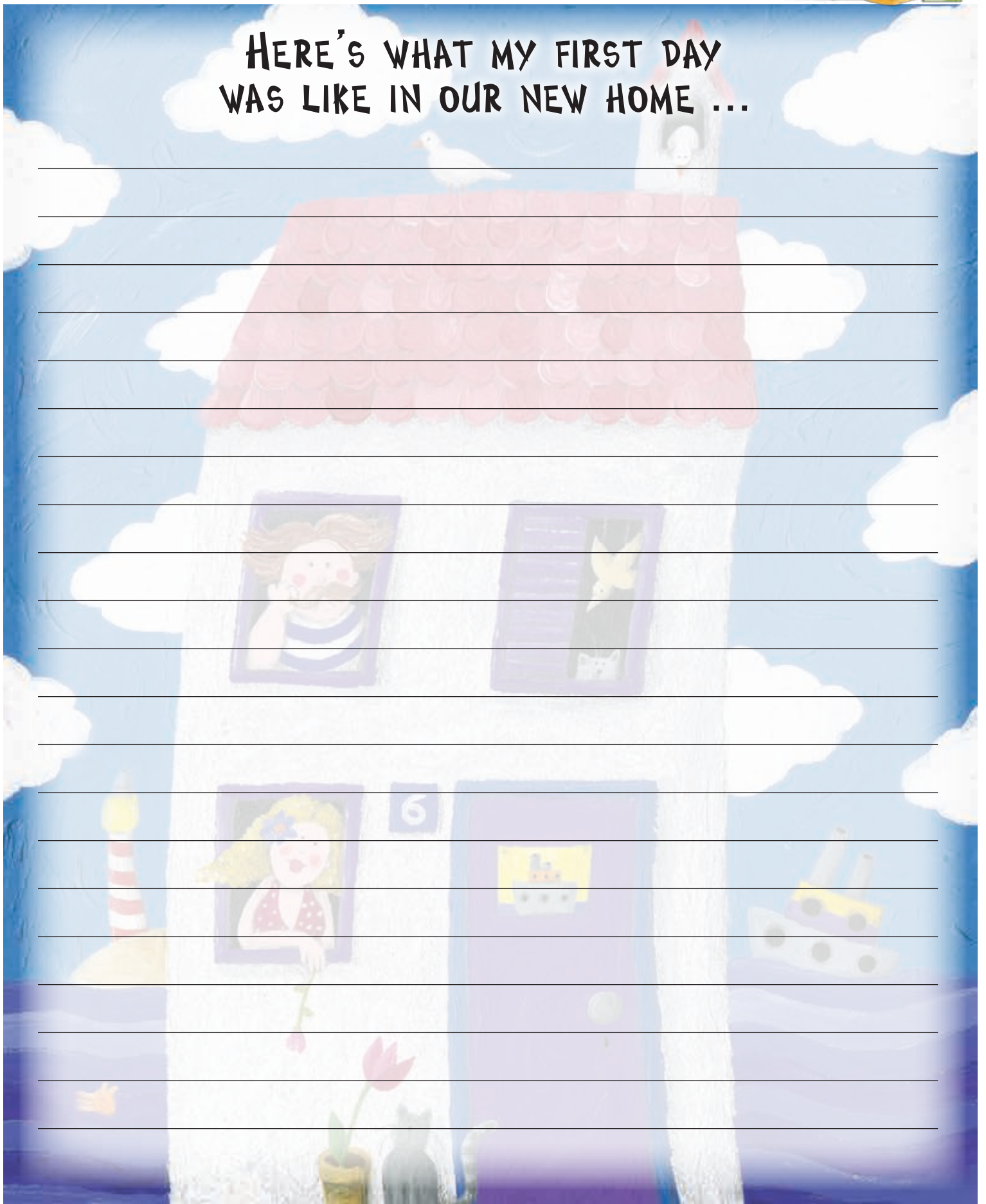
Blank lined paper for writing.



Art program ... choir ... soccer ... student council ... swimming ...



HERE'S WHAT MY FIRST DAY WAS LIKE IN OUR NEW HOME ...





WHAT'S NEW ... WEEK 1 ...

Lined writing area for notes.

Lined writing area for notes.

We unpacked ...

Lined writing area for notes.



Went into town ...

Lined writing area for 'Went into town ...' with 10 horizontal lines.

Lined writing area for 'Went into town ...' with 10 horizontal lines.

Met our neighbors ...

Lined writing area for 'Met our neighbors ...' with 10 horizontal lines.





Tried a new restaurant ...

A large sheet of lined paper with ten horizontal lines, intended for writing a story or journal entry about trying a new restaurant.

Decorated my room ...

A large sheet of lined paper with ten horizontal lines, intended for writing a story or journal entry about decorating a room.





WHAT'S NEW ... WEEK 3 ...

Got an A on my test ...

Lined writing area for the first section of the page.



Lined writing area for the second section of the page.





Found the local movie theatre ...

A large sheet of lined paper with ten horizontal lines, tilted slightly to the right, intended for writing.



A second sheet of lined paper with ten horizontal lines, tilted slightly to the right, intended for writing.





WHAT'S NEW ... WEEK 4 ...

Invited a friend over ...

Blank lined writing area for the first entry.

Blank lined writing area for the second entry.





Getting used to my new school ...

A large sheet of white lined paper with ten horizontal lines, tilted slightly to the right, intended for writing.

A second sheet of white lined paper with ten horizontal lines, tilted slightly to the left, intended for writing.





I HAD A GREAT DAY TODAY! IT'S THE FIRST DAY MY NEW NEIGHBORHOOD FEELS LIKE HOME ...





For comments, questions or feedback, please email HNFS.Communications@healthnet.com. Thank you.



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