

# LifeOnRecord *Journals*

Journaling will save your life...



Preserve the dreams, thoughts, and stories of your daily life - even when you're on the run!

## *It's Convenient...*

- As easy as using a phone - call your journal from anywhere.
- Listen on an MP3 player, CD, the internet, email, or phone.

## *It's Good For Your Spirit...*

- Keep perspective of who you are, where you've been, and where you want to go.
- Stories of life will be reinforced as you record, listen to them, and pass them on.
- Talking out loud about your daily goals and challenges helps you meet them head-on.

[www.LifeOnRecord.com](http://www.LifeOnRecord.com)