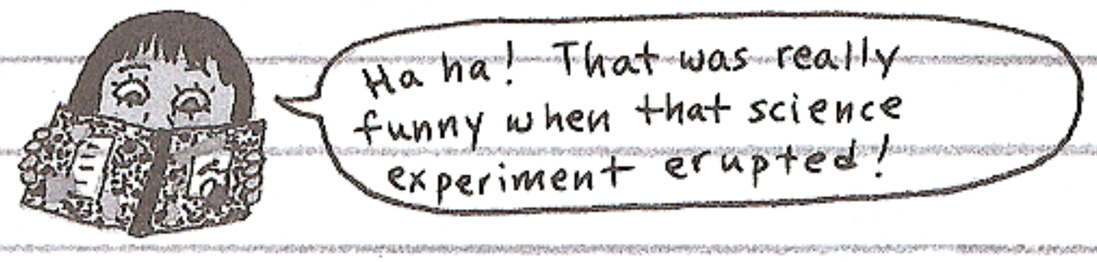
A notebook is a place where you can write or draw whatever you want. YOU get to be the boss! Here's why I love making notebooks:

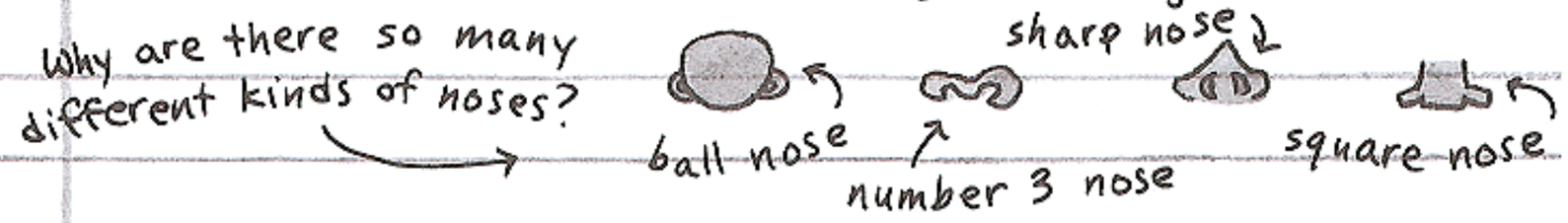
1) I can make ANYTHING happen the way I want it to happen.

2) If I'm mad or sad, I always feel better after I write about it. (Sometimes I don't even know <u>why</u> I feel that way until I write it down!)

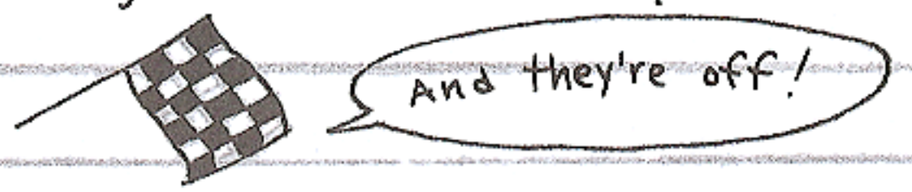
3) It helps me remember stuff I don't want to forget.



4) It helps me think about things and figure them out.



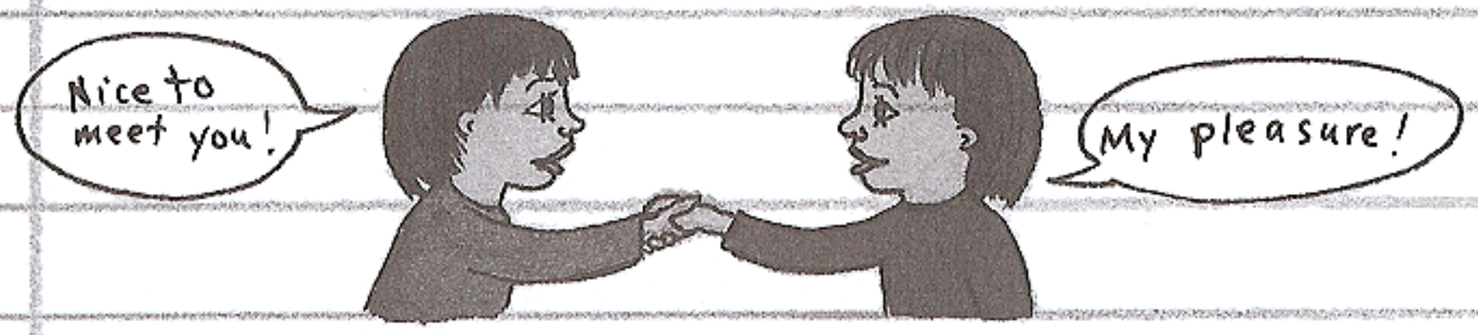
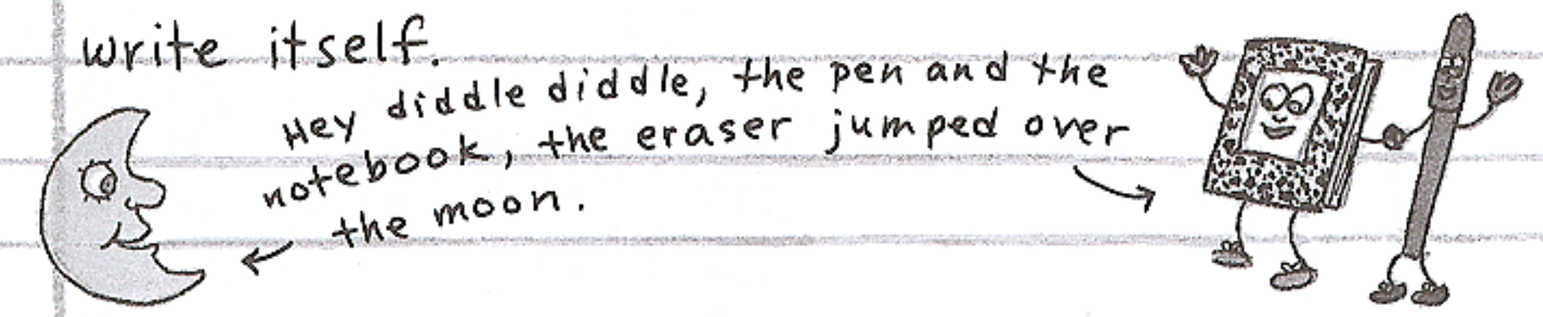
On your mark, get set, GO! Start your notebook!



One good way to start is to write about what's most important to you right <u>now</u>.

Whatever it is, write it down. See what comes next.

Or introduce yourself to you. How would you describe yourself? What do you like best about yourself? What do you like least?



Or start with a story. Write about whatever comes into your head (<u>don't</u> be critical!), even if it's a story about a notebook and a pen. Just let the story write itself.