

## CREATE A PERSONAL JOURNAL

Create a personal journal with your reflections on life.

In it include:

- Answers to Ultimate Questions from various perspectives including your own (Where did the universe come from? What is the meaning of life? Is there life after death?.....)
- Religious and ethical issues in the news and your views on these (War, poverty, terrorism, medical issues, prejudice/discrimination...)

Be as creative as you like - include newspaper cuttings, poems, excerpts from literature, sketches, photos, collages and so on. Be sure to annotate your findings with reflective insights.

Over time, your ideas will change and develop and you will need to show this in your journal

Use your journal as a way of discovering more about yourself and the world you live in.

Example journals:

