

# my Journal

In a journal we write our thoughts and experiences. We write about what interests us. There are no rules. It's your personal space. You can write about anything you like.

**A** Think of something you want to write about. Look at the ideas below to get you started.


- What is your favorite day of the week? Why? (See Rachel's diary.)
- Where are you right now? What is happening? What are you doing? (See Michael's diary.)
- Write about someone you admire.

## Rachel's Diary

*My favorite day of the week is Wednesday. I get up very early every Wednesday to go swimming with my friend Riana. We swim for 45 minutes and then we walk to work together. We buy coffee on the way to the office. After work, I visit my parents and sometimes have dinner with them.*

## Michael's Diary

*Right now I am sitting in our living room with my family. The TV is on and my parents are watching the news. My sister is sitting at her computer and is doing her homework. My mother looks tired. She is very busy. She goes to work six days a week and sometimes on Sundays, too. My father travels a lot, but he is always at home for the weekend.*

**B**  Start writing in your journal and write for about three minutes. Don't stop to read or correct mistakes.

Blank lined area for writing the journal entry.

**C** Read your journal entry and check for mistakes. Make sure that every sentence has a subject and a verb.