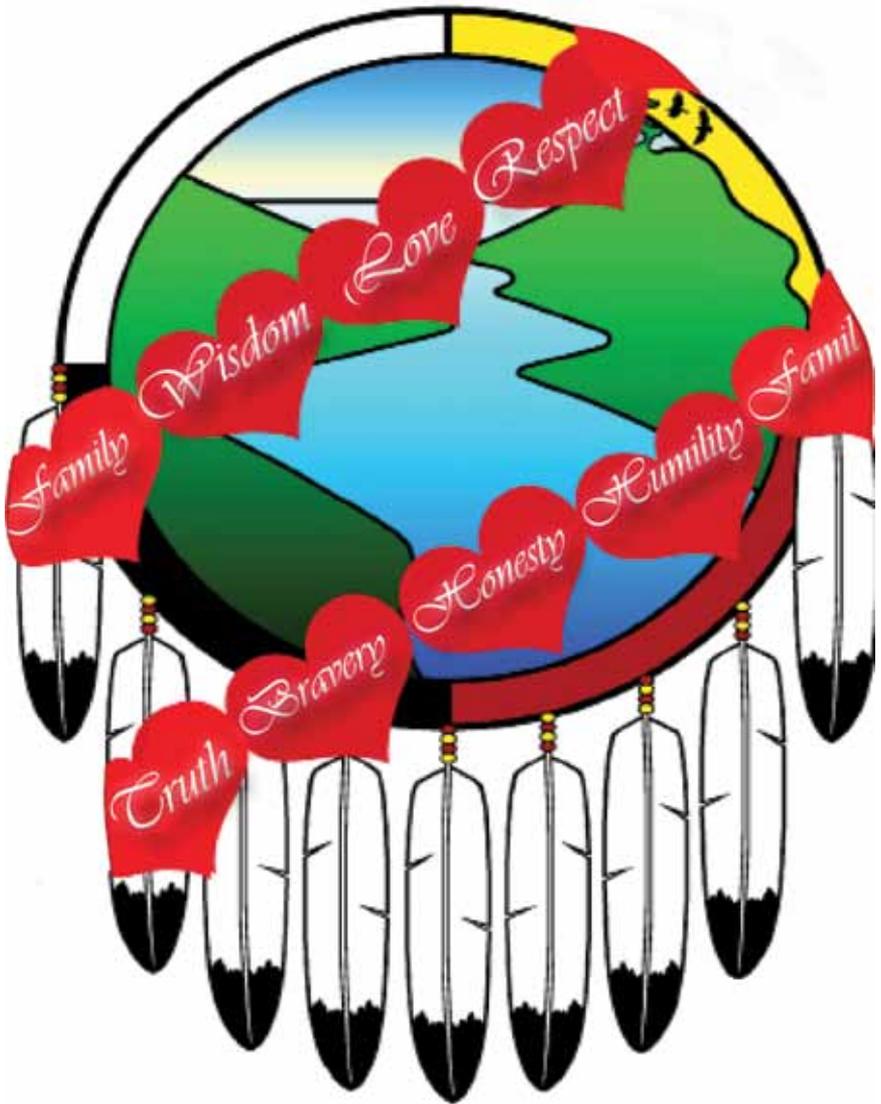


*A Journal of Faith and Love*



*Memories to my loved ones*

*To my Loved ones*

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*With Love from*

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*Date*

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*A favorite  
photo  
of mine*

Each morning upon rising, and each evening before sleeping, give thanks for:  
all life, the life within you, the good things the Creator has given you and others,  
and for the opportunity to grow a little more each day.

Consider your thoughts and actions of the past day  
and seed for the courage and strength to be a better person.

Seek those things that will benefit everyone.

This Journal is to help give an understanding of who I have been, am, and always will be.

I wish to also record my hopes and dreams for us as well.

I wish to share with you some secrets I have learned about life and love,

Faith and friendship, family beliefs, and experiences.

From our first moment together I have thanked God for you.

I know that God and I Love You and will Care for you Forever.

*Love Always,*

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*A favorite  
photo  
of mine*

Respect means to feel or show the honor or esteem for someone or something; to consider the well-being of, or to treat someone or something with deference or courtesy. Showing respect is a basic law of life.

# My Birth

When and Where I was born

My parents named me

What was happening in the world when I was born

The leader of the country was

Treat every person, from the tiniest child to the oldest Elder,  
with respect at all times.



## *About My Mother*

My mother's full maiden name \_\_\_\_\_

When and where she was born \_\_\_\_\_

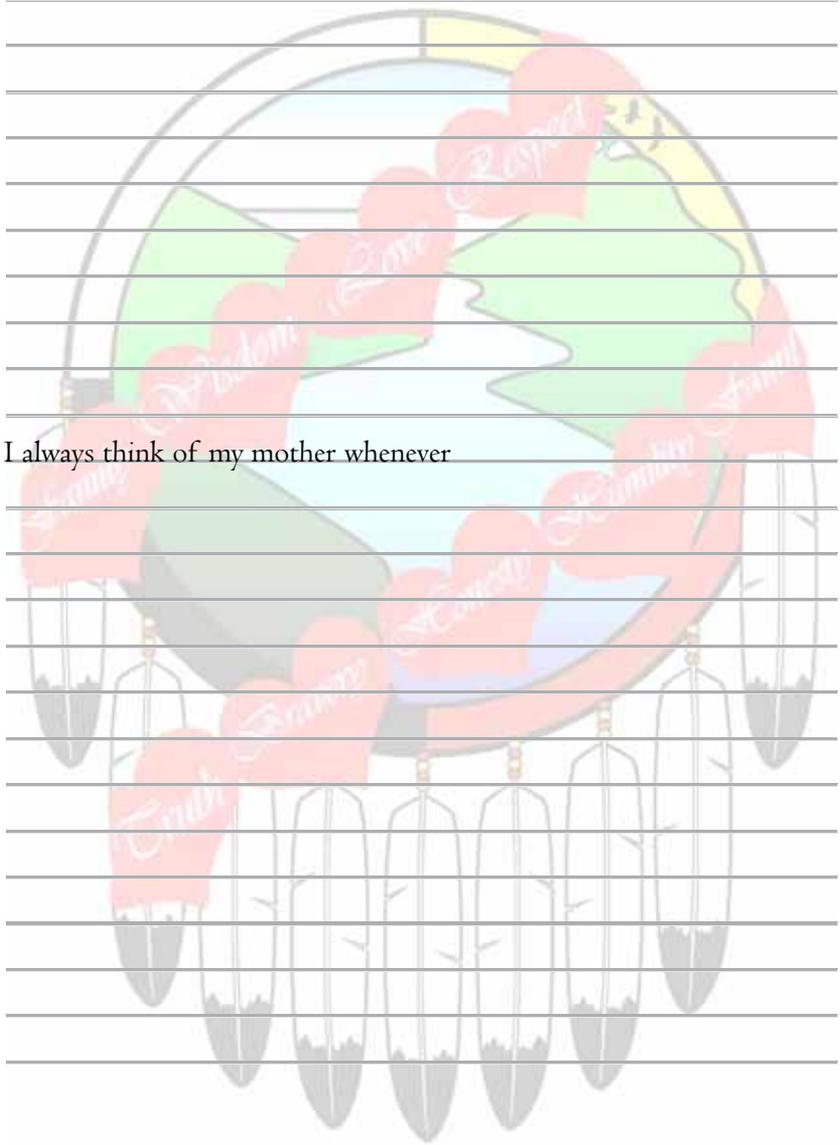
My mother grew up in \_\_\_\_\_

My mother's best story about growing up \_\_\_\_\_

Inside every human being is a need to dance. We dance to music. Have you even wondered why people are moved when they hear an Indian Drum? The drum is the heartbeat of the Mother Earth. Every Indian dance is for a purpose and a reason. Every Song is for a reason. The beat of the drum makes our bodies, minds, and spirits join together in harmony. It allows us to connect to Mother Earth and to each other. The dance aligns our minds to think spiritual thoughts. Dancing to the drum is healthy.

## *About My Mother*

A favorite memory of my mother



I always think of my mother whenever

Special respect should be given to Elders, parents, teachers, and community  
Elders, most of all yourself

# *From My Mother*

From my mother, I learned

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My mother's greatest gifts to me

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My most memorable "woman to woman" talk with my mother

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My mother taught me that God

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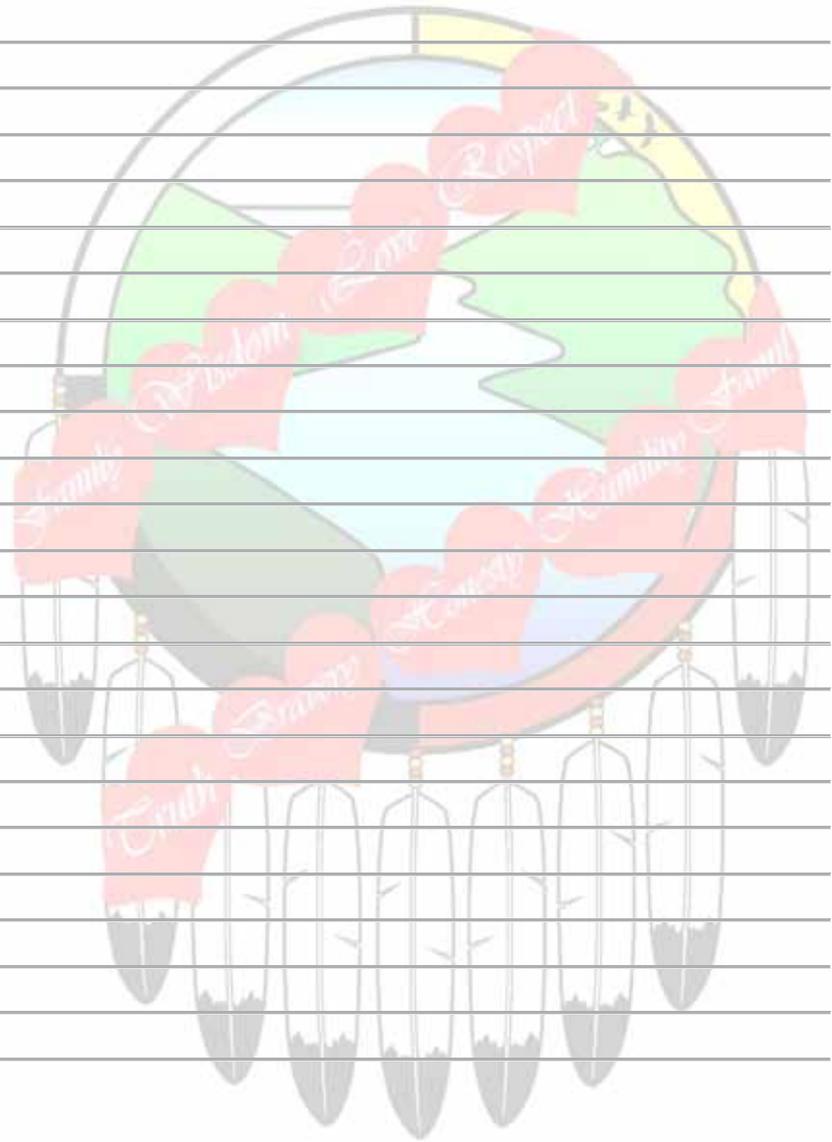
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Respect the privacy of every person.  
Never intrude on a person's quiet moments or personal space.

# *From My Mother*

My favorite recipe of my mother's



No person should be made to feel put down by you; avoid hurting others as you would avoid a deadly poison.

## *About My Father*

My father's full name

When and where he was born

My father grew up in

My father's best story about growing up

Speak in a soft voice, especially when you are in the presence of Elders, strangers, or others to whom special respect is due

## *About My Father*

A favorite memory of my father

I always think of my father whenever

Treat the earth and all her aspects as your mother.  
Show deep respect for the beliefs and religions of others.



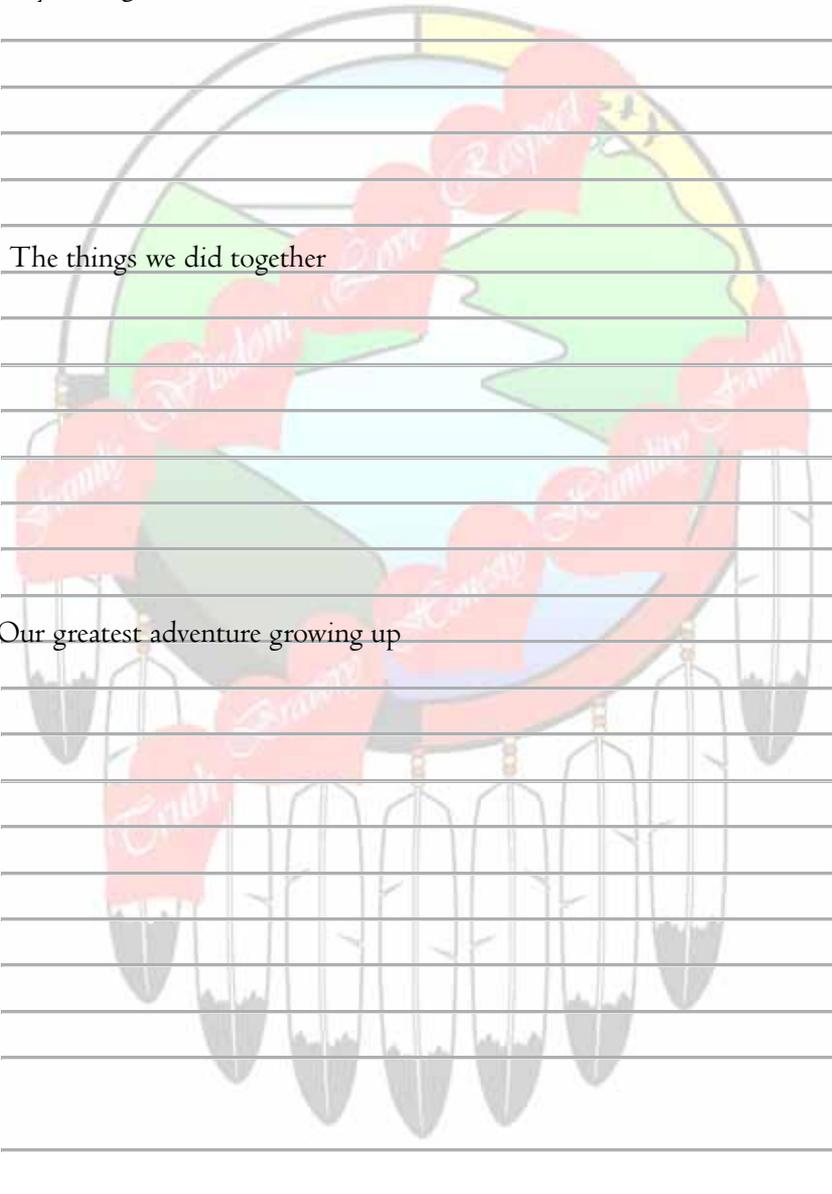


# My Siblings

My siblings names

The things we did together

Our greatest adventure growing up



Be truthful at all times, under all conditions.



# My Hometown

As a child, I lived in

Our Street was

My favorite place in the neighborhood was

My favorite community event's

Know those things that lead to your well being,  
and those that lead to your destruction









# School Days

My Best friend(s)

I wanted to grow up to be

Popular fads

The most important thing(s) I learned

Observe moderation and balance in all things.





# Romance

My first crush

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My first real date

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My first kiss

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My first broken heart

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The funniest thing that ever happened to me on a date

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True happiness comes only to those who dedicate  
their lives to the service of others.

# Travels

The farthest I have ever been from home

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The best vacation of my childhood

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My favorite place I've been

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I have always dreamed of going

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The place I would most like to see us go together

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Never speak about others in a negative way,  
whether they are present or not.

# My faith

For me, God has always

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I have learned that faith is

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I sense the presence of God when

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I hope that I taught you that God is

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One thing I want you to always remember is

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Touch nothing that belongs to someone else, especially sacred objects,  
without permission, or an understanding between you.

# Play Time

Always remember to take time to play because

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My favorite game we played together was

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The hobbie I enjoyed most

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I would like to teach you

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I hope you will teach me

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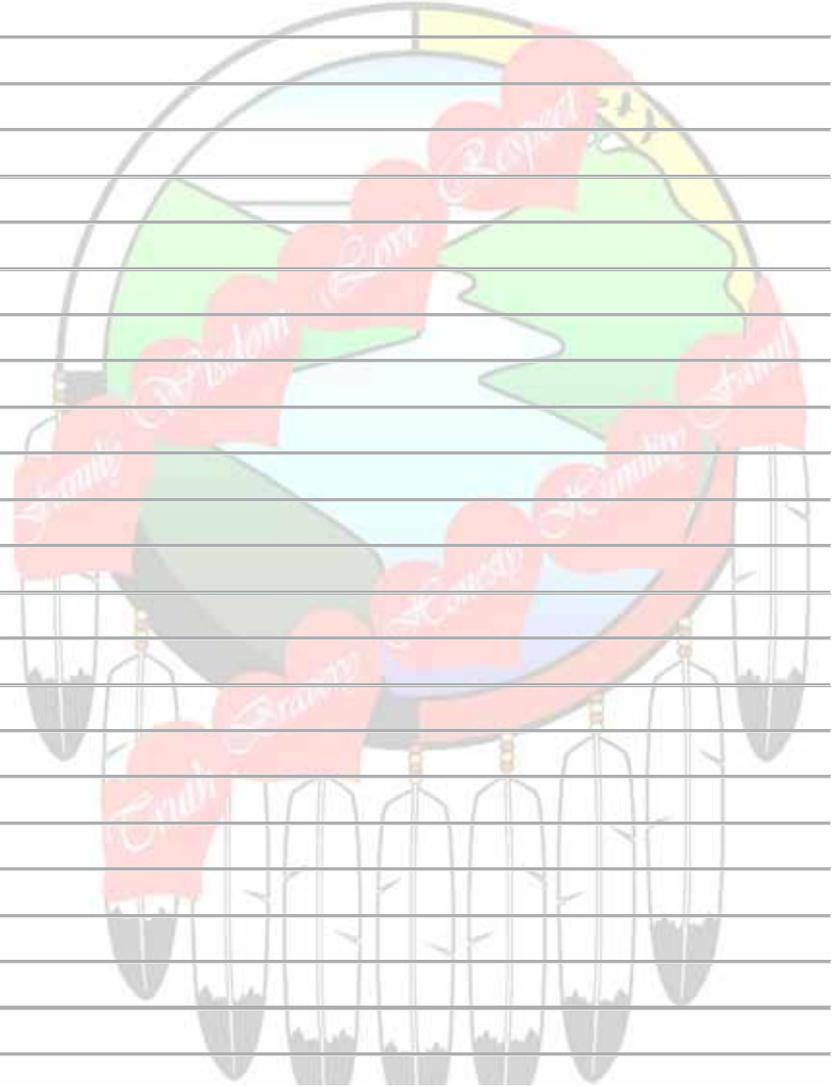
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Great Spirit, today, let me show the greatest respect to our Women



# *Celebrating Christmas*

My best Christmas recipe



The Woman is not only the key to life; she is also the key to future generations. An Elder once joked that the Woman only needs the man for one night. We need to look at and respect the power of the Woman. She is special and we need to treat her that way.



# My Favorite Things

My favorite time of the Day

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My favorite season

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My favorite movie

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My favorite story

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That which I cherish most in life

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Something I didn't like as a child, but now is a favorite

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What we do today will affect the children seven generations from now.

How we treat Mother Earth will affect the children yet to be born.

If we poison the water today, our children's children will be affected by the decision we made. Our children are the gateway to the future. Let us conscientiously think about the children and the seven generations to come.

# Quiet Times With God

Through prayer, I have found

For me the best time of day to pray is

My favorite place to pray

I know that God hears my prayers because

My ever-present prayer for you is

Great Spirit, today, give me the tools to seek peace of mind.

# *Someday... When You Are a Parent*

Being a parent

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When you have a child, be sure to

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Always be ready to

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Show your Love by

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Teach your child to

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Oh Great Spirit whose voice I hear in the winds,  
protect and keep me safe today - hear my prayers



# As I Grow Older

The things that I once believed were important

With each passing year, I appreciate more

One thing I wish I had done differently growing up

One thing I had done differently as an adult

When I was young, I worried that

But now I realize that

Great Spirit, today, I dance to honor you.



# Family Ties

You and I are most alike in that

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We are most different in that

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The person you remind me most of is

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Family is important because

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With your own family, I hope you

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Great Spirit, let my education never lack the  
meaning and value of spirituality!



*Family*

*Tree*

Each morning upon rising, and each evening before sleeping, give thanks for: all life, the life within you, the good things the Creator has given you and others, and for the opportunity to grow a little more each day. Consider your thoughts and actions of the past day and seed for the courage and strength to be a better person.

Seek those things that will benefit everyone

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