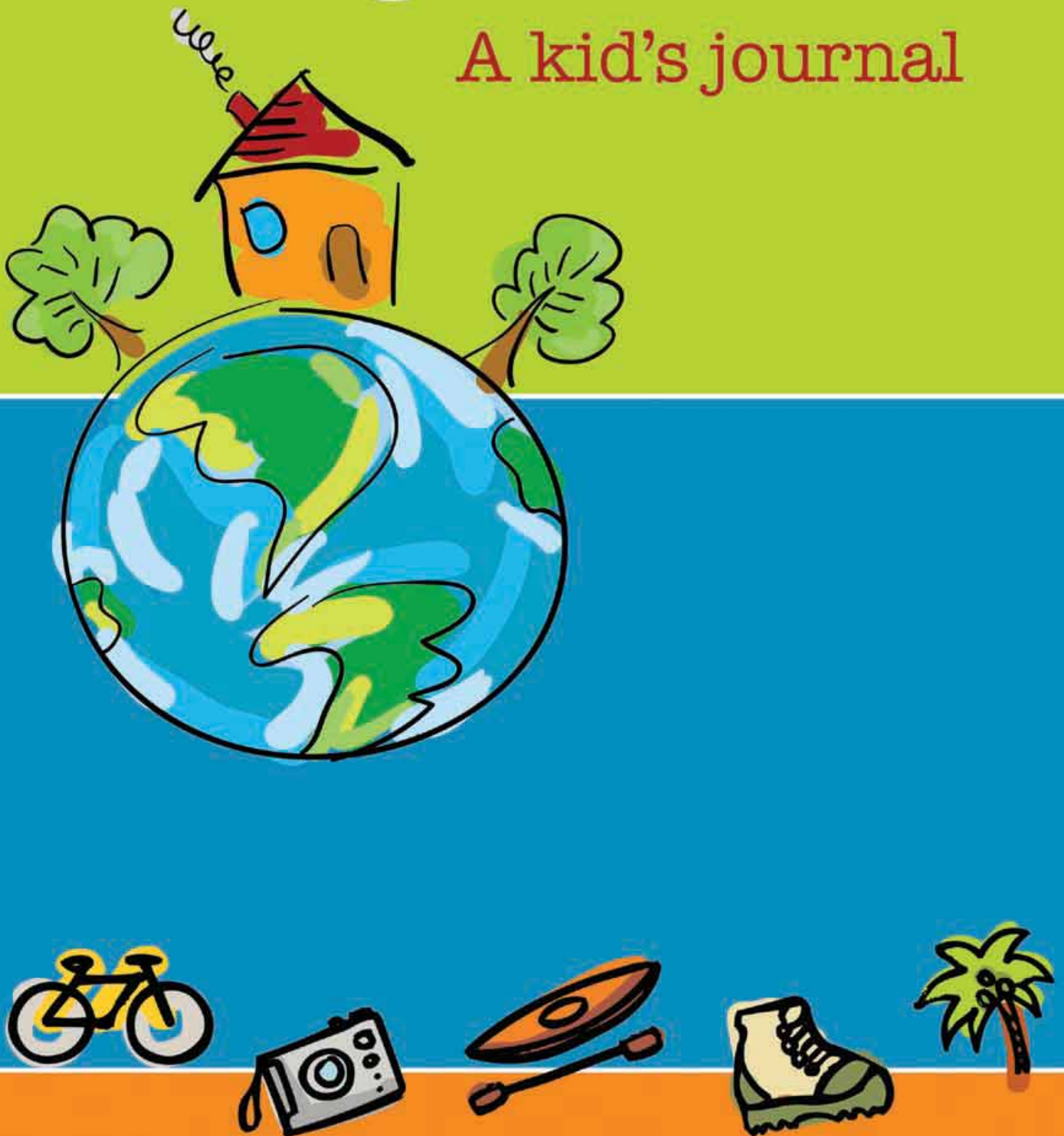



My Life

A kid's journal



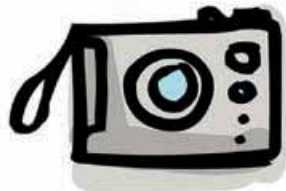


Deployments are hard for families and especially for kids, so here's a gift from us to help you stay close to that special person in your life who is being deployed. We hope you'll use this journal to write about things that matter to you. When your family is all together again, we hope you'll share your journal with your special person so they'll know how much you thought about them while they were away.

It would mean so much to me if you would send me a photo of you with your journal and the person you missed during their deployment. You can email me or send it by regular mail or stop by our Travis Air Force Base branch with the journal and your special person. We can take your photo and thank you personally. We'll post your photo on the Kid's Corner of our Web site and also in the branch to honor you and your family for serving our nation.

Patsy Van Ouwerkerk
President/CEO, Travis Credit Union
Email: Patsyvo@traviscu.org





*Insert your favorite photo
of that special person.*

The things I love most about my _____ ...



The things I love most about my _____ ...



What I know about
my _____ deployment ...



Left on:



Went to:



My _____ is in the
_____ time zone.

That means when it's morning here,
it's _____ there.

What I would like to do or accomplish
while my _____ is away ...



Things I want to do with my _____
when he/she returns home ...



Things I want to do with my _____
when he/she returns home ...



Things I want to tell my _____
when he/she returns home ...



A large speech bubble with an orange outline and a white interior. It contains five horizontal orange lines for writing.



A large speech bubble with a blue outline and a white interior. It contains five horizontal blue lines for writing.



A large speech bubble with a red outline and a white interior. It contains five horizontal red lines for writing.



A large speech bubble with a black outline and a white interior. It contains five horizontal black lines for writing.

Things I want to tell my _____
when he/she returns home ...



A speech bubble with an orange border and a white interior. It contains five horizontal orange lines for writing.



A speech bubble with a blue border and a white interior. It contains five horizontal blue lines for writing.



A speech bubble with a red border and a white interior. It contains five horizontal red lines for writing.



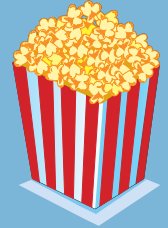
A speech bubble with a black border and a white interior. It contains five horizontal black lines for writing.

New movies I saw ... Places I went ...





New movies I saw ... Places I went ...







... Things I did ...





... Things I did ...





New things I learned while my _____ was away ...

A blank sheet of white lined paper with a red margin line on the left side. It is pinned to the corkboard with a yellow pushpin at the top center.

A blank sheet of white lined paper with a red margin line on the left side. It is pinned to the corkboard with a red pushpin at the top center.

A blank sheet of white lined paper with a red margin line on the left side. It is pinned to the corkboard with a yellow pushpin at the top center.

A blank sheet of white lined paper with a red margin line on the left side. It is pinned to the corkboard with a red pushpin at the top center.

New things I learned while my _____ was away ...



How I've changed since my _____ has been away ...

(How tall I've grown, teeth I've lost, etc.)



How I've changed since my _____ has been away ...

(How tall I've grown, teeth I've lost, etc.)



When my _____ is away, I worry about ...



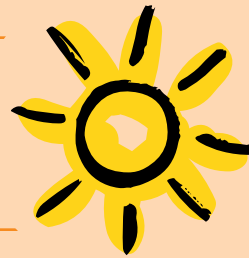
When my _____ is away, I worry about ...



What cheers me up most when
my _____ is away is ...



What cheers me up most when
my _____ is away is ...



What I miss most about my _____
when he/she is away ...



The special times ... the silly times ... the memorable times ... the time we ...



What I miss most about my _____
when he/she is away ...



The special times ... the silly times ... the memorable times ... the time we ...



People I can talk to when I miss my _____ ...



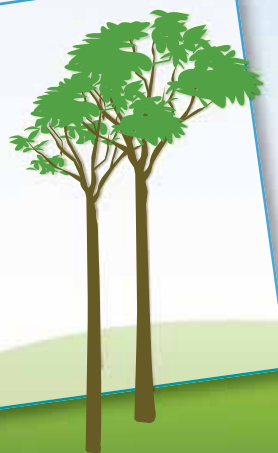
Things I want to know about what
it's like where my _____ is ...



Today I feel ...

Date:

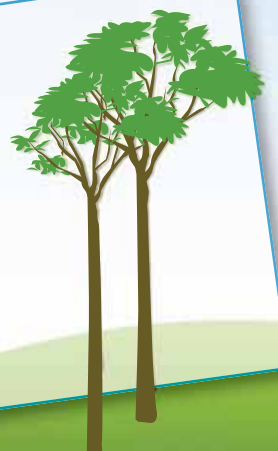
A series of 18 horizontal blue lines for writing.



Today I feel ...

Date:

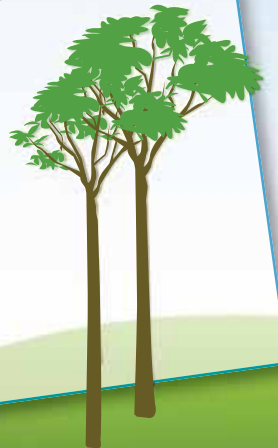
Lined writing area with 15 horizontal blue lines for text entry.



Today I feel ...

Date:

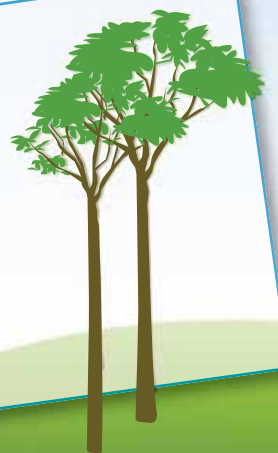
Lined writing area with 18 horizontal blue lines for text entry.



Today I feel ...

Date:

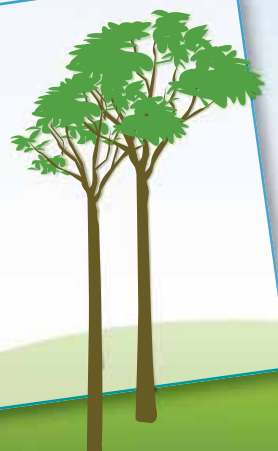
Lined writing area with 15 horizontal blue lines for text entry.



Today I feel ...

Date:

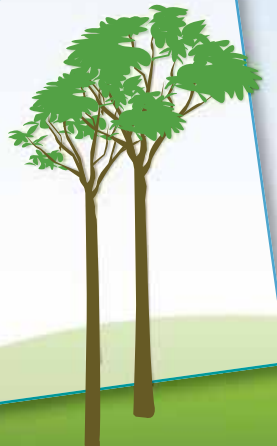
Lined writing area with 15 horizontal blue lines for text entry.



Today I feel ...

Date:

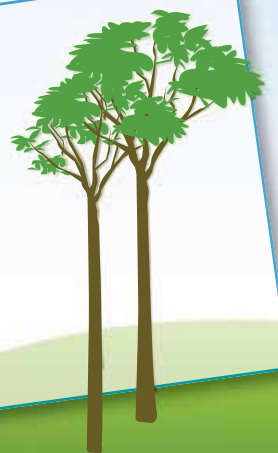
Lined writing area with 18 horizontal blue lines for text entry.



Today I feel ...

Date:

Lined writing area with 15 horizontal blue lines for text entry.



Today I feel ...

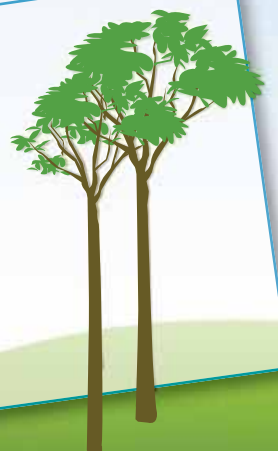
Date:




Today I feel ...

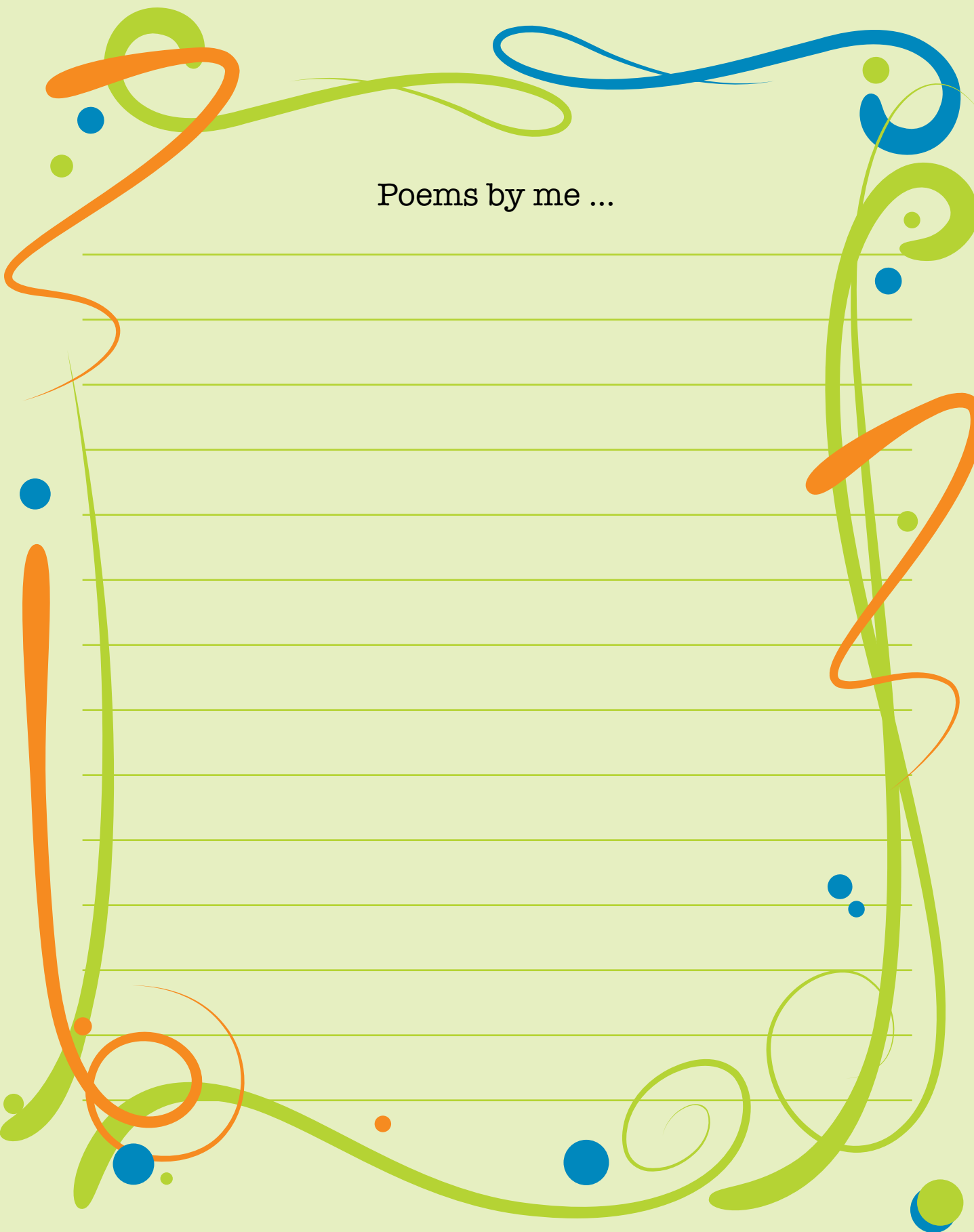
Date:

Lined writing area with 15 horizontal blue lines for text entry.



The page features a light green background with a blue header bar at the top. The central area is filled with horizontal green lines for writing. This area is framed by colorful, abstract swirls and dots in shades of orange, blue, and green. The swirls are thick and fluid, creating a sense of movement and creativity. The dots are small and scattered throughout the page, adding to the decorative elements.

Poems by me ...

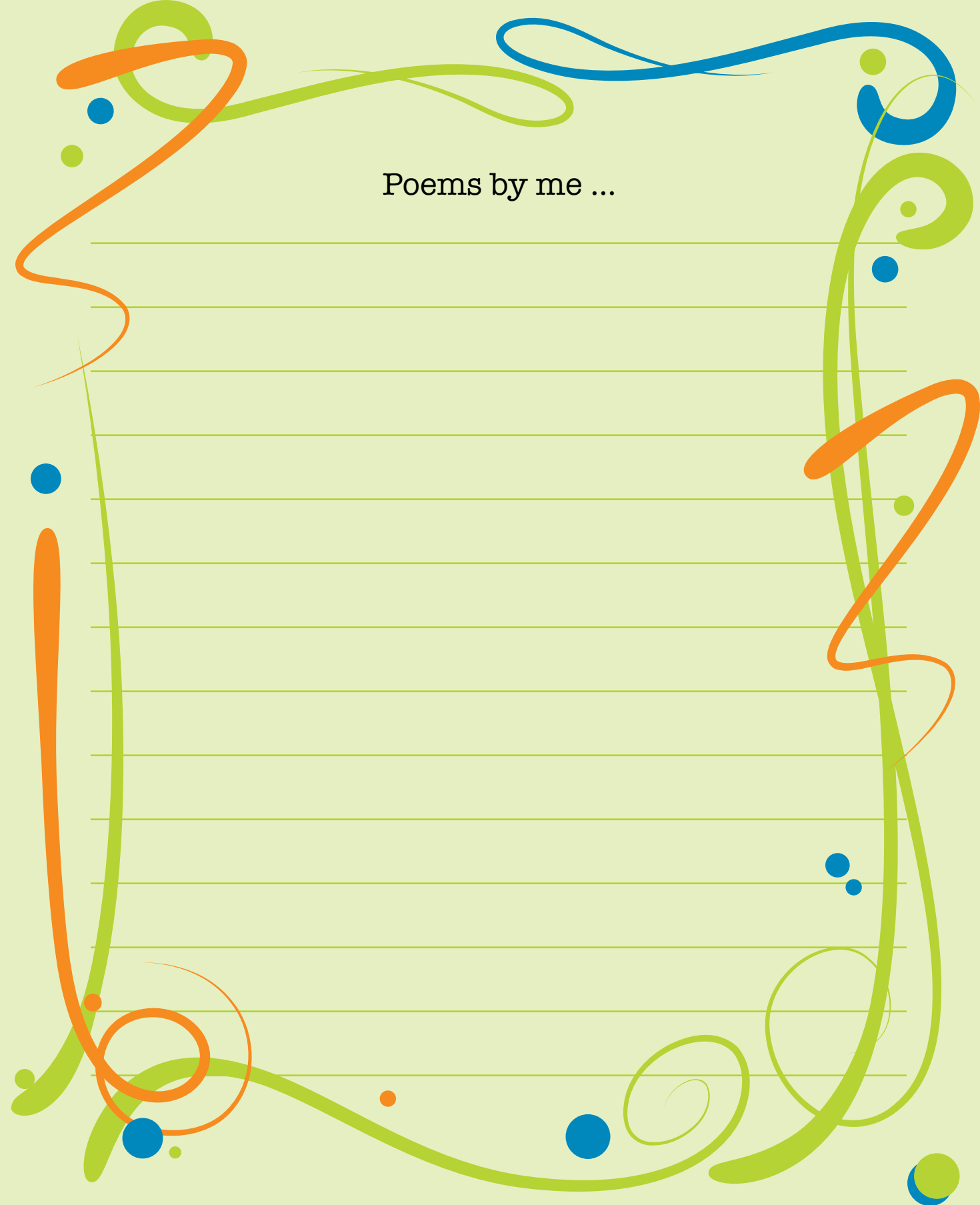


Poems by me ...



Poems by me ...

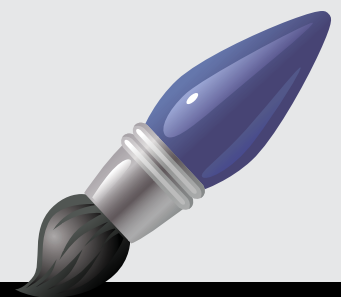
Lined writing area with 13 horizontal green lines for writing.



Art by me ...



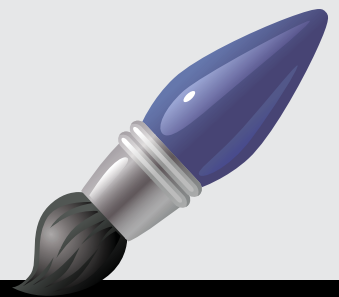
Art by me ...



Art by me . . .



Art by me . . .



Art by me . . .





We'd love to hear from you.

Do you like the journal? How can we
make it better? For comments, questions
or feedback, please email

HNFS_Communications@healthnet.com.

Thank you to our military families for
all they do to serve our country.





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