

# Creating Your Personal Time Capsule

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Journaling Guide

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# Welcome!

**Creating Your Personal Time Capsule** is an opportunity for you to envision what you would include in an imaginary time capsule that you're preparing for a future generation.

Stepping into the realm of make-believe isn't just for kids. As an adult, it's a great way to relax. It's also a great way to get more tuned in to your inner self.

Have fun working through the 7 journaling prompts in this guide. Remember: there's no right or wrong, so don't hold back! Express yourself however you like, in any manner that feels right to you.



Wishing you happiness and wellness on your life journey.

Susan Knight

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# Creating a Personal Time Capsule

## Reflection

Children everywhere love to come up with all kinds of imaginary scenarios. While they might not be able to articulate it perfectly in words, they seem to intuitively grasp how the imagination can be used as a tool for self-expression, self-exploration, and self-discovery. Guess what? You might not be a kid anymore, but that doesn't mean you can't have fun using your imagination as well, while gaining valuable insights in the process.

Imagine the following scenario:

*You're creating a personal time capsule which won't be found until some point in the far-off distant future. Things will be very different then, and the people from that generation will have no idea what life was like during your time period.*

## Journal Prompts

What will you choose to include in your time capsule?

How would you describe the general theme, mood, or focus of your time capsule?

In preparing your time capsule, what would you hope to convey to the future generation about yourself and life overall?

What book(s) or movie(s) would you include in your time capsule, and why?

What song(s) would you include in your time capsule, and why?

Pick one item that you would not want to leave out of your time capsule. What does this item mean to you? Why is it so important?

If the people who know you best could see the contents of your time capsule, what do you think their reaction would be? Do you think they would be surprised by anything you chose to include?

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*Reflecting on what you would most want to share with others can provide insight into what matters most to you.*

