

# Sex by Design

## Journal Entry Ideas

*“What could I write about in my journal to my future spouse?”*

You could write about:

1. what are you learning at school.
2. the lessons God is teaching you during your devotions and daily life.
3. your hope and dreams for the future.
4. the prayers you are praying for him or her.
5. challenges and struggles you are currently facing.
6. what you did to celebrate your birthday and holidays this year.
7. vacations you took recently and why they were special.
8. a quote, a song or a movie that inspired you.
9. things you are looking forward to doing together.
10. the extra curricular activities you're involved in and any community service opportunities you've had.

*Have fun with it. Be creative.  
Your spouse is going to  
LOVE it someday!*

*- Abby*