



HOW TO KEEP A PANDEMIC JOURNAL

A journal worth reading 100 years from now tells the truth.

Consider your future readers.

- Your future self
- Family members you know
- Descendants you'll never know
- Garage sale pickers
- Robots and/or aliens
- Historians

Write as best you can.

- It's a plague marathon, not a sprint. You don't have to write every day.
- If your handwriting stinks, use a computer.
- Even a single letter is valuable.
- Don't worry about spelling, grammar, or punctuation.

Choose a style you enjoy.

- Handwritten journal
- Bullet journal (fast & easy)
- Letters
- Scrapbook
- Printed digital records

An easy 3 Question entry

- What was the big news today?
- What did I do today?
- How did I feel today?

Assume your reader knows nothing.

- Your name, age, personal history, family & friends, occupation, hobbies
- Your address, descriptions of your neighborhood & town
- Significant circumstances, challenges you face

Add interest & texture.

- Table of contents
- Cast of characters
- Recipes & menus
- Prices, money details
- Cards, notes, letters from others
- Photos, hand-drawn sketches

Personal observations bring history to life.

- Your reactions to local events
- Your reactions to world news
- Your fears & worries
- Your dreams, hopes, & plans
- Your predictions & opinions

Be kind to your future reader.

- Date every entry.
- Number pages, if possible.
- Caption photos, illustrations, sketches.
- Explain acronyms, initials, brand names (LOL, RBG, Uggs) at least once.

Preserve it for the next 100 years.

- Use archival paper & glues if possible.
- Everyday materials are better than no journal.
- Date, protect, and store somewhere safe.
- Designate an heir, specified in your will.

Above all, be honest.

Documenting your life experience is a gift to your descendants. May the writing comfort you in dark days, and offer insights in brighter days to come.