



FOUNTAINS

of FRANKLIN

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A New Year's Toast

To love, laughter and a happily ever after.

January 2025

Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. It provides an opportunity for us to reminisce and enjoy life's precious moments. See if one of these styles is "write" for you.

Daily journal. This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal. Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal. Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Keepsake journal. Geared toward parents and grandparents, keepsake journals contain questions and prompts that encourage you to record your memories and life experiences for loved ones.



Happy New Year!

Crosswords

Across:

- 2. Small pieces of colored paper
- 5. Hope
- 6. Start of the calendar year
- 7. Important event
- 10. Cold, white stuff
- 12. First month
- 13. Two-section gloves

Down:

- 1. Heated chocolate beverage
- 2. White sparkling drink
- 3. Spectacular explosions
- 4. Firm decision
- 8. Annual anniversary of a person's life
- 9. Low temperature
- 11. Beginning

