**How It Works**

Hold on to the journal for a month or so and fill out the three pages meant for that month. Mail the journal to your friend for them to see what you wrote, and then they can fill out their portion to send back! There is enough room to continue this for a year! Together you will be able to keep in touch, both have a special keepsake to share forever, and have the joy of a delivery to look forward to every month!

**Don’t want to send the whole book, no problem!**

You can purchase two journals, one for you and one for your friend. Then visit my website [www.meghanmariegeary.com](http://www.meghanmariegeary.com), and under the Printables tab click ‘Download pages for The Keep-In-Touch Journal’ to get your free downloadable prints that match all of the writing fields in this journal.

You have two options after you download the pages:

1. You can print these pages, fill them out, and mail the printable (along with any pictures you want to share) to your friend for them to insert into their journal with tape or glue. Write it out in your own journal so you can have the same!

2. Type directly onto the PDF, save, and email it to your friend. When they receive it, they can print it out and tape or glue it into their journal. Print a copy for yourself so you can add it to yours, too!

With this option both friends can have a copy and you don’t have to send the whole journal in the mail!

Check back to my website for any questions!

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