

hances are you don't travel around with a bard who is happily chronicling your day-to-day adventures or writing epic poems about the obstacles you've overcome, so you might be wondering, "How do I know that I'm *succeeding* at being more D&D?"Well, for one, you've got your actionable goals that were created in Chapter 8 (page 112). But, okay, we get it. You want to be able to see and measure your progress, right? In the world of D&D, you can gain experience points (XP) for defeating monsters, achieving goals, or just working hard at learning a new skill, and when you have enough experience, you can level up. To help you keep track of your "character progression" and all your goals, skills, and other things that you have learned on your daily adventures, one thing that might be helpful is an Adventurer's Journal.

But just writing down stats and facts about yourself isn't going to be much help to you in the long run (plus it would make for a pretty boring tale around the fire), so you might want to think about journaling as you go about your daily adventures. Why? Well, when you take time to reflect, you have an opportunity to look back on an event or a moment from a place of experience—because you already lived it—and learn from mistakes, be grateful, and get a better understanding of yourself.

There are also some skills and traits that tend to develop over time and that you can start to specialize in once you begin to recognize patterns in interests, activities, or other things in your journal. For example, you might notice that for the last month you've been ordering from a certain restaurant or have been more adventurous with the different foods you eat, so maybe it is time to develop your culinary skills and

try a cooking class to level them up. Or maybe you have been regularly pet sitting for your friend for the last year and you've realized that you enjoy spending time with animals and want to raise your Animal Handling skills by volunteering at your local animal shelter. Using a journal can also help you track certain milestones during your quests so that you can see how you're progressing on your quest to meditate more by allowing you to check off every week that you meditated three days out of the week. Here's 10 XP, coming at you!

However, if a regular paper or digital journal seems like too much work, don't fret because there are many apps available that can help gamify parts of your life like *Habitica*, which rewards you, as the name suggests, for building good habits, or *Zombies*, *Run!*, which encourages exercise by helping you pretend undead hordes are chasing you—let's hope they're slow zombies! There are also unique traditional journal options like the Hero's Journal for helping to journal your goals. You can also copy the following information into your favorite journal for more room to write and continue your journey of self-discovery.

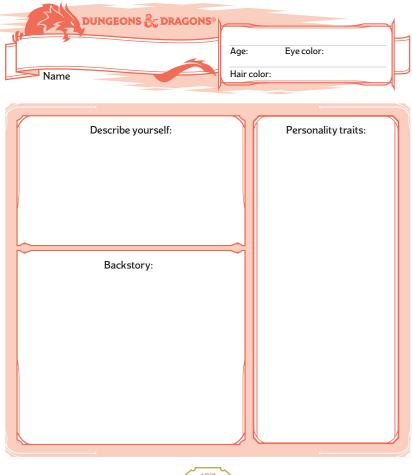
Just remember, regardless of how you want to keep track of your progress, applying elements of D&D to your life should be fun, so *you* decide how much or how little you want to do regarding any of the above.

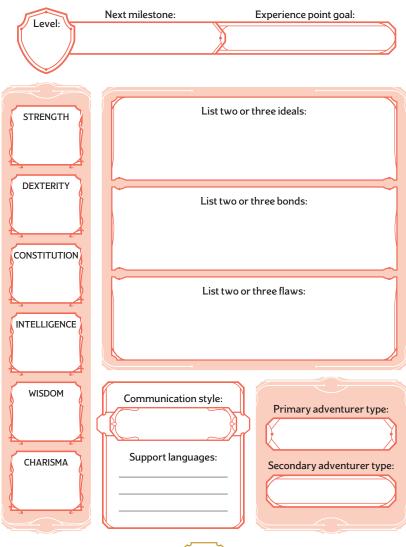
Character Sheet

A character sheet is an iconic and essential part of the D&D experience. Throughout this book, there are activities and opportunities for you to create and explore your own real-life "character" by using this

An Adventurer's Journal

character sheet below. Feel free to refer back to the previous chapters to help you fill out and answer the following sections.





An Adventurer's Journal

		<i></i>			
	Who are your allies?			List 3 of your strengths:	
>	What is something that you treasure most?	4	>	List 3 things that you want to overcome:	
>	Who would be in your adventuring party and why?	4	>	What is one "dungeon" or "dragon" that you recently overcame?	
			►	List 4 things that inspire you:	



An Adventurer's Journal

Dungeon Master role:	Which DM role do you feel most drawn to? Which DM role do you feel the least confident about? Why?
List four skills that you think are important for a DM to have.	
had a DM there to help you see the b	pigger picture. If you were the DM guiding
a player through this scenario, wha help them?	
a player through this scenario, wha	
a player through this scenario, wha	