J E N NI FER'S C ONFESSION B O O TH

SECRETS AND SURPRISES FROM ME TO YOU

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A LETTER TO YOU

Hello there!

My name is Jennifer, and I am about to become the nosiest friend you will ever have.

My friends say they are scared to sit alone in a room with me because they end up telling me things they never intended to say. I am both proud of this fact and also a little annoyed with myself.

Ever since I was a little girl, I have loved a really good question. So it made sense that I became a news reporter. I'm not a reporter anymore, but I still love great questions. *Stuff I'd Only Tell God* is filled with hundreds of my favorite ones.

I loved writing *Stuff I'd Only Tell God*. But I didn't just write the questions. I answered them all, in my own private copy of the journal. I knew that if I was going to prompt you to be honest with yourself and with God, I needed to do the same.

That's where this booklet, *Jennifer's Confession Booth*, comes in. I'm sharing some of my innermost secrets with you. I've answered lots of my favorite questions–both serious and quirky.

Jennifer's Confession Booth is filled with much more, including:

- Extras that didn't make the final cut
- A recipe from my family that has been passed down through generations
- The Stuff I'd Only Tell God Spotify playlist
- Coupons to purchase two of my favorite things
- A month's worth of journaling prompts
- A bookmark
- Sneak peeks of the inside pages
- Treasured family photos that help my answers to these questions come alive

Finally, I want to thank you for preordering *Stuff I'd Only Tell God*. I'm so excited for you to get your copy! I believe that the inner work you do through the journal will help you treat yourself more kindly and empathetically. In the end, this beautifully ruthless work could change the way you feel about other people-and the way you feel about God, too.

~ Jennifer



MOM SAYS THIS PHOTO IS PROOF THAT I WAS JOURNALING BEFORE I EVEN KNEW WHAT JOURNALING WAS.

JENNIFER'S CONFESSIONS

My Bucket List

These are the things I want to do before I die, before I "kick the bucket"

·Visit the Holy Lands ·Float in the Dead Sea · Sleep under the stars ·Visit Tuscany • Try as much cuisine from as many cultures as possible (I think I'll keep a running list!) · Ride in a hot dir balloon • See the Northern Lights in all their • Learn the entire Thriller dance glory! 5 Related: Master the Moon Walk ·Sleep on a houseboat · Take a cooking class · Watch a country show at the Ryman • Take a silent retreat at a monastery • Take dance lessons with Scott • Revive relationships with a few friends and family members I've lost touch • Continue to improve my Portuquese

My Anti-Bucket List

These are the things I'd never try, or that I've done before but will never do again (examples: tile a floor, eat pickled herring, stay in a toxic relationship, tattoo your lover's name on your arm)

THINGS I'LL NEVER DO · No sky-diving · Do a polar bear plunge · Sunbathe on a nude beach · Swim with sharks · Bungee jump THINGS I'VE DONE BEFORE BUT WILL NEVER DO AGAIN · Hold a live (or dead) shake · Buy something that doesn't fit now, hoping it will fit later · Finish books I don't actually like · Dwell on the past · Wear cheap, uncomfortable shoes · Eat lutefisk - NEVER AGAIN! · Stick my tongue to a pole on a cold winter day

re and My Places

My Best Places

Best bookstore Hatchard's in London Best park Big Bend in Texas C Best local lunch joint Josiah's in Sioux Falls Best hiding spot the evergreens Earlis Un-Best city London Best place for a one-day road trip Okoboji, Towa Best thinking spot Dur sunnoom (It's where Iwrote this journal) Best lake Mule Lake, Minnes ota Best place for a good bargain Baker Book House used Best coffee shop Rooted (Rack Valley, IA) books section Best place to pray Lake Pahoja walking trail Best place for a picnic The Bridges of Madison County Best hair salon Be. YOU. tiful Salon I Winterset, IA Best street the streets of Bath UK (Rock Valley It) Best cemetery Spent countless hours as a kid in my Best place to escape a fiching boat hometown cemetery! Best place to escape a fishing boat Best beach Ka'anapali Beach, Maui Best place to get breakfast O'Farrell's (OKoboji IA Best neighborhood I love the one where we live now Best place to fall in love Ames, IA

HERE'S A LIST OF GREAT PICNIC SPOTS ACROSS THE USA!



Our engagement photo. Peep the hair volume! As Beth Moore says, "the higher the hair, the closer to God."

What are the five movies, five books, and five music albums you'd take if you were sent off to a desert island for a year? Write on the spines of the books, the records, and the film-reel tape.

Highes

Jimmy Buffett:

Songs you Know By Heart

Huff I'd

LION

Elevation Worship

Kobinson Crusoe

The Bible

ABBA Gold:

Greatest Hits

Maverick

city Music

Queen's

Greatest Hits

Wizerd It's a Tay Forrest Breakfast of Wonderful Story Gump Club

7

One of the pages in *Stuff I'd Only Tell God* gives you an opportunity to list a few of the best (and worst) gifts that you've ever received or given. And guess what? The retailers of the gifts I mention in my own copy of the journal are giving you exclusive coupons to buy those products!

SO, HERE'S MY ANSWER TO THE PROMPT IN THE JOURNAL-THE BEST GIFT I'VE GIVEN TO SOMEONE:

My all-time favorite gift I've ever given is a Legacy Bible–one for each of our daughters.

I purchased a journaling Bible, read through the Bible in a year, and wrote in the margins, leaving messages, prayers, and reminders for our daughters. To learn more about putting together a Legacy Bible for someone you love, <u>check out this article</u>.

In celebration of the release of *Stuff I'd Only Tell God*, Dayspring is offering you a coupon for 30 percent off any of their journaling Bibles so that you can create your own Legacy Bible!

YOU CAN FIND THEM ALL BY CLICKING HERE AND USE CODE JDL30 AT CHECKOUT.

This code expires May 5 at midnight.





Another of my favorite gifts comes from a company called laurelbox. When people we love are grieving, it can be hard to know how to acknowledge great loss. Laurelbox can help. The company offers thoughtfully curated gift boxes to give people who have lost a loved one. I received a laurelbox gift box after my dad went to heaven in September 2022, and since then I've given several laurelbox gift boxes.

In celebration of the release of *Stuff I'd Only Tell God*, laurelbox is offering you a coupon for 10 percent off their gift boxes.

USE CODE JDL10 AT CHECKOUT FOR 10% OFF LAURELBOX PURCHASES AT LAURELBOX.COM. Expires May 5 at midnight EST.

(MORE OF) JENNIFER'S CONFESSIONS

This is the struggle that most shaped who I am today

The honest truth is this -> Despite me literally PRETENDING like I believed in God, I was Secretly locked in a years-long struggle with whatever shred of faith I had. It was a DARK place. Backsfory: I was raised by parents who did "all the right things" in raising me to Know Jesus. But I wasn't buying it intellectually. I sunk deep into unbelief, and deep into despair. I struggled with why bad things happened to good people, why I felt so unsatisfied in my soul. I covered the pain with performance and work. In the secret places of my heart, I avoided God, because in my eyes, He might not be real anyway. Praying seemed a complete naster of time. I was intensely fearful of dying. When bad things happened in my tife, I felt I had nowhere to go. I was ... Hoperess. Nears later, I began to toss questions (seemingly into this air) ... like. "God if you're there, speak to me, nould you?" I fett a defearing silence.

That silence intensitied my despair. "See, God? This is a waste of time! But it wasn't a waste of time. In His TIME, He spoke gently to my soul. I learned to recognize this voice in the Word, and in this glorious world He created. I was in the midst of my own personal revival. I began to rearrange my life toward this heart. I moved into a new period of growth in my life. There's so much more I could say, But the words are hard to find! It astounds me that the God I didn't even BELIEVE in ... is now my BEST friend, my LORD, my Savior, ... and the CEO of my ministry. There were so many years of cursing the darkness, cursing the struggle; but that deep desire to be pulled into His presence. Ied me to a RoBUST faith that I pray grows until my (Unpublished manuscript-copyright protected Baker Publishing ast, breath!

If I were God I would be annoyed that are constantly that people Call the shots ging to The thing that surprises me most about God is that He never, ever, ever, gives up on us. If I had veto power when God created the world I would have shielded children from such Pain and suffering I was most mad at God when He didn't heal Anna on my timeline, and when it felt like we were never going to be pulled out of the going to be deep canyon 11

"WHAT WOULD YOU EAT IF YOU KNEW IT WOULD BE YOUR LAST MEAL?"

My dream last meal is Taylor's Lomenade Les.

This is one of my go-to questions at dinner parties with friends. I didn't say it in *Stuff I'd Only Tell God*, but I have been mildly obsessed with "last meals" ever since. As a news reporter, I traveled to Terre Haute, Indiana, to cover a federal execution of someone on death row. At the press conference, we were given details of the executed man's last meal. It felt too morbid to include that fact in the journal, but because you are getting the inside scoop, I wanted to share the backstory. And, even more importantly, I wanted to share my dream last meal with you. Here it is:

GRANDMA TAYLOR'S HOMEMADE NOODLES!

Grandma made these at every family gathering, and we would pile the noodles on top of mashed potatoes. Total carb fest! Here's the original recipe card from Grandma.

I'm also including the recipe, as typed up by my sister Juliann, so it's easier for you to read (and more accurate!), should you choose to make these noodles sometime. Juliann has taken over the helm as Chief Noodle Maker in our family. If you are as morbid and twisted as I am, you might be interested in this story by the New York Times, <u>"Last Meals on Death Row, a Peculiarly American Fascination"</u> as well as <u>this</u> <u>list of famous last meals of death row inmates.</u>

ordles There nice tally and roll **Kev** Notes anta Then M Court eure

ORIGINAL RECIPE FROM GRANDMA MARGARET TAYLOR.

GRANDMA AND ME ON MY BIRTHDAY. SHE GAVE ME A SNOWSVIT THAT YEAR.

000000000

GRANDMA'S NOODLE RECIPE

- **3 CUPS FLOUR**
- 4 EGGS
- 1 TABLESPOON BAKING POWDER 1 TEASPOON SALT CHICKEN BROTH
- 1. Beat eggs and salt with mixer.
- 2. Gradually add flour and baking powder with mixer.
- 3. When the flour mixture begins to stiffen, mix by hand, with spoon, until you can form a nice dough.
- 4. Divide into three balls and roll out thinly on a floured surface.
- 5. Roll up jelly roll style and cut thinly.
- 6. Lay out flat to dry.

I roast one whole chicken ahead of time and shred chicken. Keep the broth and add additional as needed (as much as one big can of broth). When ready to cook the noodles, add broth to large pot and boil. Gradually add noodles to pot, then lower heat and simmer until done. Season to taste.

This recipe is doubled for hungry Grandma's noodles lovers!



The Soundtrack of My Life

Your ability to answer this set of questions will depend on your generation. But if you're an old soul (or a young soul) you might have multiple, cross-generational answers. Let's give this a go.

The 8-track tape that ruled my world

The album that was scratched so badly it skipped

The cassette tape I played so much that it literally stopped working

The mix CD that moves me still

The Spotify playlist that is my go-to right now

Here's a link to the official Stuff I'd Only Tell God playlist on Spotify. It's an eclectic collection of songs, and each one is meaningful to me for a different reason. I hope you enjoy them!

Démond Family Christmas

Chipmunk Punk by Alvin + the Chipmunks

> Thriller by Michael Jackson

> > a concernix with songs like Pump Up the Volume, Gonna Make you Sweat, U Can't Touch This, Vogue.

The stuff I'd Only Tell God playlist 21

SONGS I WANT PLAYED AT MY FUNERAL

"I LOVE TO TELL THE STORY" (THE HYMN) "THE BLESSING" BY ELEVATION WORSHIP "EXALTED (YAHWEH)" BY CHRIS TOMLIN



Yes or No



These are the lies I have told

a didn't have a choice in the matter. I don't have a preference. I never really loved you. These are the lies I have been told -l'll always be there you. You don't have what it takes. Just follow your heart, and everything will work out.

Me and My Places

Take a moment and think of all the places you've lived, visited, loved, and hated. Now we begin.

Of all the places in the world, this one most shaped who I am right now -> the farm. It's the LAST place I would have picked, but it's the one where God has grown me most. I never want to go here again -> to my old job as a police reporter. So much poin, crime Scenes, sirens, grief. It messed with me for a long time. This is the place where I fell in love -> Ames, Towa! Scott and I were students at Iowa State. We actually didn't start dating until he started taw school. I left a part of my heart here -> at Dael's

graveside. Jesus, but I miss him so much.





A Wave of Nostalgia

You taste a cinnamon roll, and you are transported to your grandma's kitchen. You hear a love song, and suddenly, the affection you felt comes rushing in once more. The sweet scent of pink lotion fills a room, and you instantly remember the baby you held in your arms. Deeply ingrained pathways in our brains connect our senses to days gone by. Take a moment to let your senses show you the way back.

When I smell Stetson I remember

When I taste die berries I remember blueberry hunting at Lake of the Woods in Canada. When I hear

I remember

pulling the rope to make the Marathon church bells ring. When I see Stained glass



the house where I grew up. When I touch arass between I remember

I have laughed at these inappropriate times often Christmas Eve Services, 1993 50 A funeral (horrible, I Know). A historical reenactment at Mysi an art museum. I had to leave the room. So bad, so th church I wish I could go back and change this the critical ways I've spoken over my body

My past, summed up in three words

1. Jours I'm. 2. Still 3. growing

The kindest, most loving thing I can do to make peace with my past is to remember that I was, and continue to be a human

and continue to be, a human being who is evolving, growing, shifting, and changing all the time I am not who I was and I am still becoming. That's a beautiful and sacred thing. 20

Me and My Weird Ways



There's a whole section in the journal called "Me and My Weird Ways." Of all the sections, I had the most fun writing this one. In it, you will embrace your weird, wild, whimsical, well-made self. Because the truth is, what makes you different is also what makes you wonderful.

If you were to read my answers in "Me and My Weird Ways," you would learn that I had two pet rats in college, named Socrates and Counselor.

FROM THE CUTTING FLOOR

There are hundreds upon hundreds of journaling prompts in *Stuff I'd Only Tell God*. I spent hours in our sunroom, dreaming up more questions than this one journal could hold. So, in the end, I had to cut quite a few. But you, my friend, are getting access to many of them! How would you answer the questions on the cutting floor?

A sound that irritates me

When I was a kid, I dreamed of being a

If I wasn't doing what I'm doing now (careerwise), this is what I'd want to do

I wish I had these talents and gifts instead of the ones I have

But I choose to thank God anyway that he has given me these talents and gifts

Here's a time when God showed me the gifts he gave me

Best TV or Netflix series ever

The Baader-Meinhof phenomenon, also known as frequency illusion, is where a thing you just noticed, experienced, bought, etc., suddenly seems to crop up everywhere (such as seeing an orange Jeep everywhere right after you bought one).

I've experienced the Baader-Meinhof phenomenon when

driver OR passenger country OR city summer OR winter travel OR stay home fruits OR vegetables half-full OR half-empty e-reader OR physical book more like Mary OR more like Martha

THIS OR THAT

dogs OR cats pop OR country talking OR listening introvert OR extrovert drive OR fly animals OR people Starbucks OR Dunkin' Donuts Stuck on an island OR lost in the woods

spotlight OR behind-the-scenes

THE FOLLOWING QUESTIONS WERE CUT FROM THE "LOST IN TRANSLATION" SECTIONS OF STUFF I'D ONLY TELL GOD

I've always been fascinated by the beauty and versatility of foreign languages. At times, I'll run across a word in another language for which there is no English equivalent. I rounded up a few of my favorites and scattered them throughout *Stuff I'd Only Tell God* in sections called "Lost in Translation." But there were several that didn't make the cut. I'm including a handful here.

Sehnsucht, German

Sehnsucht is an internal longing, pining, or yearning desire for someone or something.

I have been in a state of sehnsucht when

Utepils, Norwegian

Utepils is the act of sitting outside on a nice day and enjoying a beer.

I felt the urge to utepils when (feel free to change to another cold beverage of choice if you aren't into beer)

Tsundoku, Japanese

Tsundoku describes the phenomenon of buying a bunch of books that you never actually read, only to find them, sadly, gathering dust.

I know a person who practices tsundoku, and that person is

Check out the "Lost in Translation" sections of *Stuff I'd Only Tell God* on pages 24-29, 143-145, and 178-179. On page 180, you'll have your chance to make up your own word! You'll be prompted to think of an emotion you've felt or a reaction you'd had, for which there is no good English word, and then make up your own name and definition for it. "Ok. So, I 100 percent regret not including tsundoku in the final manuscript. But by the time I figured it out, the book was off to print! My bad! P.S. I am a total tsundoku book hoarder!"

A QUESTION A DAY

Just for you, as a thank you for preordering, here's a list of thirty of my favorite questions from the journal. Answer one question a day, until you've answered a whole month's worth of the questions. (You can use a notebook or slip of paper for now, and when your copy of *Stuff I'd Only Tell God* arrives, you'll already have thirty answers ready!)

- 1. NO MATTER HOW LONG IT'S BEEN, I CAN ALWAYS PICK UP WHERE I LEFT OFF WITH THIS PERSON
- 2. RIGHT NOW, THE PERSON I TRUST MOST IS
- 3. THE TWO PEOPLE I STRUGGLE MOST TO LOVE ARE
- 4. THE PERSON I CAN'T WAIT TO SEE WHEN I GET TO HEAVEN IS
- 5. I NEED BETTER BOUNDARIES WITH THIS PERSON
- 6. I NEED HELP FORGIVING THESE PEOPLE
- 7. WHEN I WAS A CHILD, I DREAMED THAT I WOULD BECOME
- 8. WHEN I LOOK BACK ON MY LIFE, THE THING I REGRET THE MOST IS
- 9. THE LAST TIME I CRIED WAS

- 10. THE LAST TIME I LAUGHED WAS
- 11. THIS IS THE STRUGGLE THAT MOST SHAPED WHO I AM TODAY
- 12. THE HARDEST PROMISE I'VE EVER KEPT
- 13. MY LIFE IS VALUABLE BECAUSE
- 14. WHAT A PRIVILEGE IT IS TO BE ALIVE—HERE'S HOW I WANT TO MAKE THIS DAY COUNT
- 15. THE KINDEST, MOST LOVING THING I CAN DO FOR MYSELF TODAY IS

A QUESTION A DAY

(CONTINUED)

- 16. IF A TOY MANUFACTURER WERE TO MAKE AN ACTION FIGURE OF ME, THESE ARE THE THREE ACCESSORIES IT WOULD COME WITH
- 17. IF I COULD BECOME INVISIBLE FOR A DAY, I WOULD GO
- 18. IF I WERE A SPY, MY CODE NAME WOULD BE
- 19. SOMETIMES I DON'T WANT TO GET OUT OF BED BECAUSE
- 20. ON A HARD DAY, I NEED GOD TO COMFORT ME BY
- 21. A FEAR I'D LIKE TO OVERCOME, AND THIS IS HOW MY LIFE MIGHT BE DIFFERENT IF I COULD
- 22. THIS IS THE THING THAT OFTEN KEEPS ME FROM SHARING MY FAITH
- 23. THIS IS THE PART OF ME I'M AFRAID WILL NEVER CHANGE
- 24. WHEN I AM OLD, THESE ARE THE STORIES THAT CHILDREN WILL ASK ME ABOUT
- 25. THIS IS WHAT I WOULD BUY IF MONEY WERE NO OBJECT
- 26. THIS IS WHAT I WOULD BUY WITH MY LAST TEN DOLLARS
- 27. THIS IS WHAT I WANT A DAY IN MY LIFE TO LOOK LIKE A YEAR FROM TODAY
- 28. THIS IS WHAT GOES THROUGH MY MIND WHEN I THINK ABOUT HEAVEN
- 29. THIS IS WHAT I HOPE GOD SAYS TO ME WHEN I GET TO HEAVEN
- 30. THIS IS WHAT I THINK I'LL DO THE MOMENT I SEE JESUS FACE-TO-FACE

A SNEAK PEEK INSIDE

HERE ARE A FEW OTHER FUN PAGES COMING YOUR WAY IN STUFF I'D ONLY TELL GOD!

Happiness Bingo	These are the things its beginning to doubt SOCial weaking - it has a bigger hold on we than Liquic it cited. Fan, and I theipuls its
RINGO	a distraction from the energy These are the things I'm beginning to believe
Did Stepped unitching Stepped centric static Stepped fixed text Stepped fixed text Stepped fixed text Stepped text Stepped	nops are actually good for me, and I am
Made a child Prayed for Bought my Drank more Took the someone water scenic to	ate and a second se
Pergare 1.10 condition FREE a new libble Read a given book	there are things only I can bring to this work I aim a needed part of why founity so
	have to think about that for a bit.
Celebrated a Unplagged Took a map Declattered a closer funny en	
	take myself on a coffee date
Do the things that make you (and others) happy this m Check off a square for each one accomplished.	
90	



8 REASONS STUFF I'D ONLY TELL GOD IS FOR YOU

1. YOU'LL ENCOUNTER (AND LEARN TO EMBRACE) THE REAL YOU.

Self-discovery is a voyage you alone can take. It's a journey where you uncover the parts of yourself that you have hidden, hated, or held at a distance. It's also a voyage where you uncover the beautiful things that make you you.

2. IT'S A JOURNAL TO HELP PEOPLE WHO DON'T KNOW WHAT TO WRITE IN A JOURNAL.

Everyone seems to be raving about journaling, but candidly, you don't know where to start or what to say. This is a guided journal with prompts that can help you write your way toward clarity and peace.

3. YOU'LL HAVE AN OUTLET FOR YOUR SILLY, QUIRKY SIDE.

We didn't forget to have fun in *Stuff I'd Only Tell God*. In the section called "Me and My Weird Ways," you'll let your weird, wild, whimsical, well-made self take center stage.

4. YOU'LL FIND HEALING.

With just a few minutes a day, recording your thoughts and memories can help you process your past, release emotional pain, and find freedom to move forward.

5. GOD WILL MEET YOU ON THESE PAGES.

What would it be like if you were completely honest with God about your thoughts, beliefs, ideas, and fears? This journal gives you the space and promptings to do just that. And you can trust that God can handle whatever you throw at him.

6. YOU'LL DECLUTTER YOUR MIND.

Our brains are constantly bombarded with opinions, demands, information, responsibilities, and so much more. This journal will help you clear out distressing thoughts and move forward with renewed peace.

7. IT'S A CREATIVE OUTLET.

This journal is so much more than a list of questions for you to answer. We've included lots of fun surprises with charts, maps, illustrations, and much, much more, so you can exercise the most creative side of your brain.

8. BECAUSE YOU ARE WORTH IT.

High-level honesty can be a humbling thing, but this type of inner work will help you treat yourself more kindly, more empathetically. In the end, this beautifully ruthless work could change the way you feel about yourself—and help you begin to see more clearly the amazing person God created you to be.

BOOKMARK & ACCESS TO THE FIRST PAGES

Thank you for stopping by Jennifer's Confession Booth.

Your own copy of *Stuff I'd Only Tell God* will be arriving soon, and I hope you'll share some of your answers with me, just as I've shared with you.

UNTIL THEN:

- Print this page and cut out the bookmark.
- Get a sneak peek of the first pages of *Stuff I'd Only Tell God* here.
- Order copies for your friends! It's 40 percent off until May 1 at Baker Book House.
- Get ready to share some of your favorite questions in the journal on Instagram. Be sure to tag #stuffidonlytellgod so I can find you and share your posts on the *Stuff I'd Only Tell God* Instagram page.

And remember, life will never make sense until you get curious enough to ask good questions.

~ JDL



Use this QR code for 40% off through May 1.

