Lady Macbeth's Diary Model

		Example
1	Dear Diary	Dear Diary
2	Statement of most important/prominent thought in your head right now	We're going to kill the King. There, I said it. An evil deed must be done and I've called upon the evil spirits to fill me with darkness.
3	Reflect on how you feel about the prophecy to be Queen.	Isn't it fantastic? I deserve to be Queen. Witches don't just prophesise these things for no reason. I am meant to be Queen and I will be. If it is up to me to make this happen, then so be it.
4	Duncan is coming tonight – how do you feel, what are you thinking? You want the spirits to help you be evil.	A messenger told me that Duncan is staying here tonight. This is our chance! To make all of our dreams come true. He must be killed. I will play the gracious host but Duncan will not live to see the sunrise tomorrow. I am nervous with excitement! I have never felt this way before. It's exhilarating! I've called upon the evil spirits to help me to fill me with darkness and cruelty, so that I can do this. For us.
5	What is worrying you?	Macbeth does worry me. I fear he does not have the conviction to commit treason. He is too noble and whilst I love him for that it is his biggest undoing. It could stand between us and the crown!
6	Convince yourself that you need not worry	Not to worry though I will convince him. After all he's wrapped around my little finger. He will do whatever I tell him to. I can make him do evil things. We will be successful. Tomorrow, mark my words, the King will be dead and the crown will be ours.