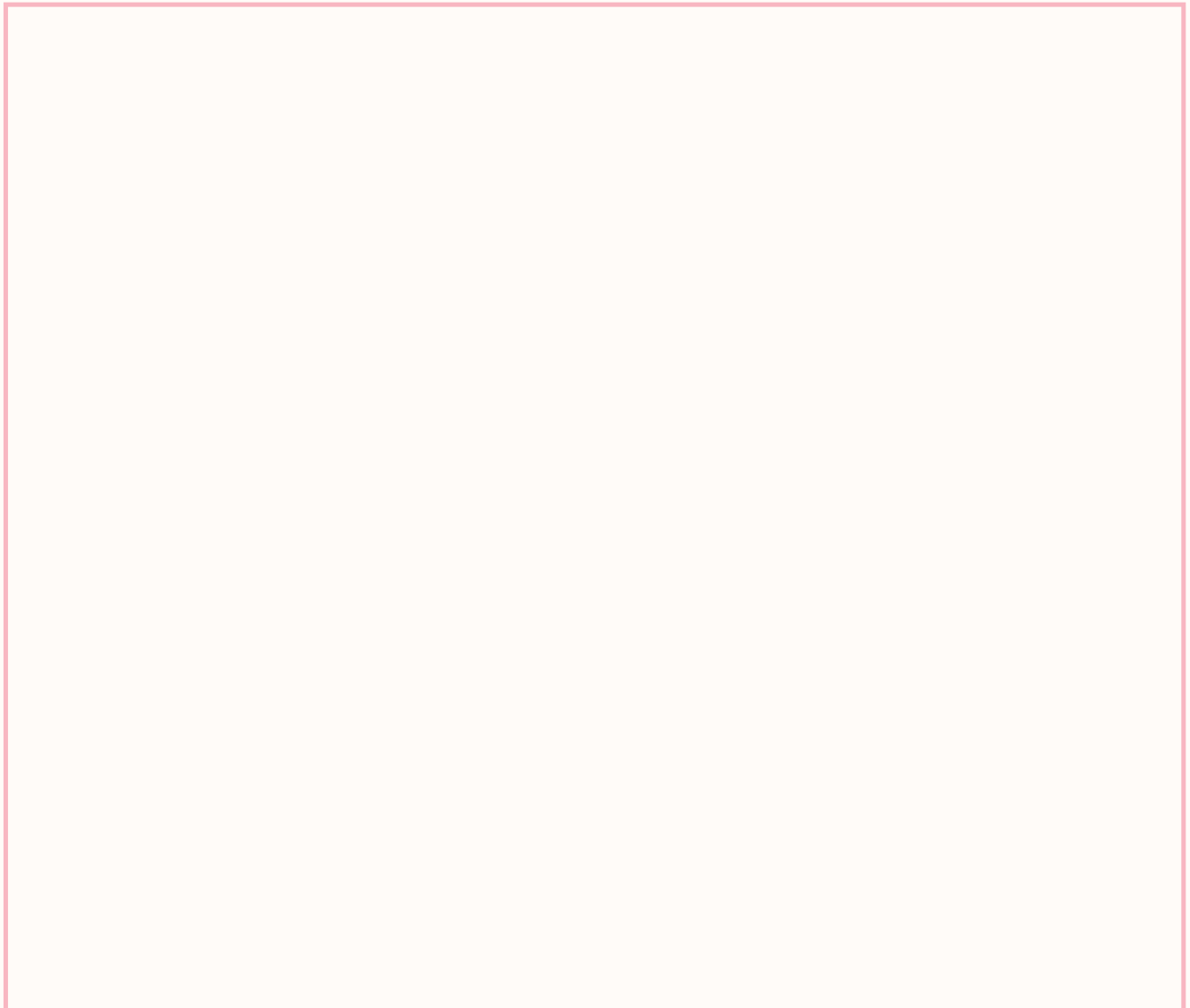


JOURNAL WRITING EXERCISE

DATE

RELEASE

Writing a journal helps you recognize your own feelings over certain things or events, no matter how mundane. For this exercise, write down at least 5 things that are ready to release from today.

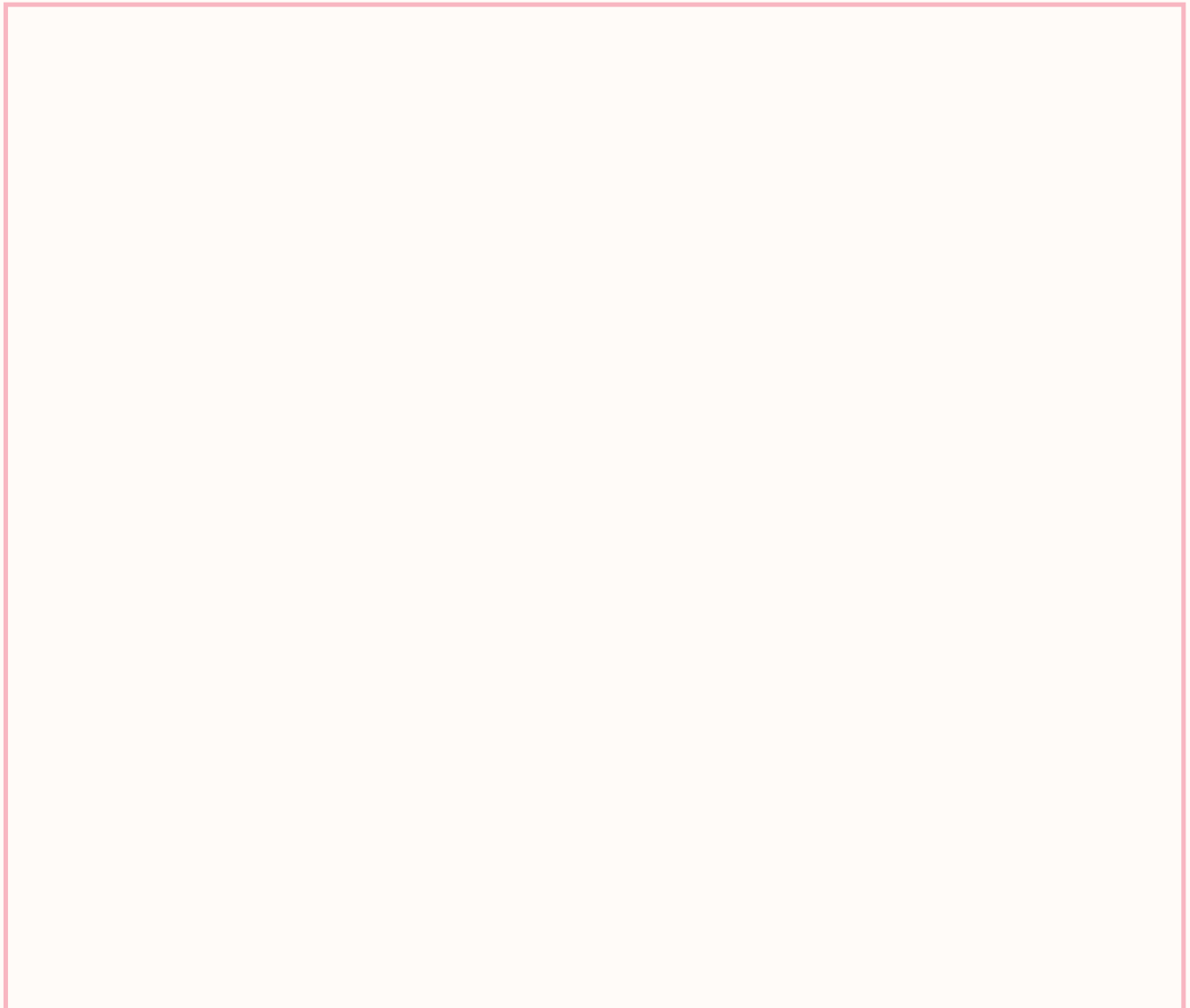


JOURNAL WRITING EXERCISE

DATE

REALIZE

Writing a journal helps you recognize your own feelings over certain things or events, no matter how mundane. For this exercise, write down at least 5 great things that you can recognize about yourself today.



LIST OF MY FAVORITES

DATE

ENJOY

Writing a list of things you enjoy can help you to reconnect with what brings you joy in life. Write the list, then get the calendar and schedule dates to do what is on this list. You deserve to have some fun. You are amazing!