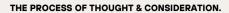
## REFLECTION





Take your time.

Writing is a helpful way to externalize, understand & move forward.

Feel free to use the journal prompts below to guide your reflection and writing on a piece of paper. Adjust the prompts however you'd like, they are only a guideline. Try not to feel stuck on answering the question perfectly or correctly because there is no right or wrong way to do this. Instead, read the question and pay attention to what is coming up for you... What are you feeling? What are you thinking? If you're stuck, write just that! If you want to doodle, do that too. Just give it a chance and see what happens.

attention to what is coming up for you What are you feeling? What are you thinking? If you're stuck, write just that! If you want to doodle, do that too. Just give it a chance and see what happens.
Today, I am feelingI am feeling this way because
The way I want to feel is
One thing that I can do to work towards feeling that way is
The person I am working on becoming wants/needs/is/feels/believes/etc.: (choose 1):
One thing I can try today that will push me towards that version of myself is:
When I think about who I am becoming, I feel:

I am grateful for (try to choose something meaningful that brings you positive emotions):

JOURNALING CAN BE HARD AND MANY EXPERIENCE A RESISTANCE TO IT.

THIS IS NORMAL.

WE OFTEN RESIST CHANGE AND THE THINGS WE NEED THE MOST.

**KEEP GOING - IT CAN WORK IF YOU LET IT....** 

Daily writing & gratitude uses neuroplasticity, which means we can re-wire our brain to function more helpfully through this intentional act.