

*How will I take care of myself today?*

*my JOURNAL*

*About Me:*

*What do I think the world needs more of?*

*What is 1 time I felt brave?*

*What is 1 new thing I've learned about myself?*

*How can I help someone I love right now?*

*What are 3 words that describe me today?*

*What's 1 memory that makes me happy?*

*What am I looking forward to?*