

A Note on Journaling

Journaling can be a powerful way to connect with yourself, helping you become more self-aware and release withheld emotions.

Please find a quiet space, take your time and be kind to yourself.

You can scribble, doodle, be messy, whatever feels right - there's no right or wrong way to do this.

Don't force anything. Let your emotions guide you and let your thoughts and feelings go.

What is one accomplishment that I am truly proud of and why?

What do I appreciate about who I am - not what I do, but who I *am*?

If I truly accepted myself as I am, what choices would I make differently?

What part of me needs the most love and understanding right now?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What would change in my life if I treated myself with the same love and patience I give others?

[illegible]
