

Make this theme personalized to you by filling out this journal page.
You can use the current theme page to inspire your answers if you like.



Reflection: Looking back, what was something you learned in the past month?

A large rectangular area filled with a light gray dot grid pattern, intended for writing a reflection on what was learned in the past month.



Room to grow: Looking forward, what is one way you would like to grow this coming month?

A large rectangular area filled with a light gray dot grid pattern, intended for writing about ways to grow in the coming month.



Write down one way you'll practice self care this month:

A large rectangular area filled with a light gray dot grid pattern, intended for writing about self-care practices for the month.



Write down one way you'll practice everyday connection this month:

A large rectangular area filled with a light gray dot grid pattern, intended for writing about everyday connection practices for the month.

Let's Chat! Conversation Starters:



- Write down a specific time you will try to start conversation this month (such as on the way to school, before bed, while waiting in line, etc.)

A large rectangular area filled with a light gray dot grid pattern, intended for writing conversation starters.