

Reflections & Sentence Starters

I WOULD TELL MY YOUNGER SELF ...

TODAY I TRUST MYSELF WITH ...

TODAY I WANT TO EXPERIENCE ONE MOMENT OF ...

TODAY I FIND JOY IN ...

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TODAY I LET GO OF ...

HOW MIGHT I EXPERIENCE MORE {JOY, PEACE, CALM, DELIGHT, A SENSE OF SELF}?

HOW MIGHT I ACCEPT MYSELF RIGHT WHERE I AM TODAY?

WHAT DO I WANT TO MAKE SPACE FOR TODAY?
