



Journaling Inspiration

for growth

- What has been inspiring you lately?
- What has been draining your energy?
- What are 3 things you'd like to complete today?

"We need to do a better job of putting ourselves higher on our own 'to do' list."
- Michelle Obama





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- How am I feeling recently?
- Who do I want to be for myself?
- What do I need more of in my life?

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” – Maya Angelou





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- What can I do today as a gift to my future self?
- What new experiences have you had lately?
- List 5 recent tiny victories.

"You are your best thing." – Toni Morrison





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- How have you improved in the last 5 years?
- What is something new you'd like to try?
- List 5 ways you're proud of yourself

"Never limit yourself because of others' limited imagination; never limit others because of your own limited imagination." – Dr. Mae Jemison





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- Do I need to give myself space for anything difficult?
- How can I treat myself today?
- List 3 joyful things that happened lately?

"Embrace what makes you unique, even if it makes others uncomfortable. I didn't have to become perfect because I've learned throughout my journey that perfection is the enemy of greatness."

- Janelle Monae

