

REFLECT



I am grateful for...

My intention for this week is...

A large rectangular area with horizontal lines, intended for writing a response to the question "My intention for this week is...".

3 things that are holding me back are...

A large rectangular area with horizontal lines, intended for writing a response to the question "3 things that are holding me back are...".

I say No to...

A large rectangular area with horizontal lines, intended for writing a response to the question "I say No to...".

My definition of silver lining is...

A large rectangular area with horizontal lines, intended for writing a response to the question "My definition of silver lining is...".

LET GO

RELEASE

FORGIVE