

Did you know keeping a journal
can be really helpful to your
mental health...



Don't know where to start? Try
some of these...

My Favourite
way to spend
the day is...



25 things that
make you
happy

Who is your favourite fictional character and what you admire most about them



What is the most beautiful place you have ever been?



Write a Mantra or make a list of Mantra's and why they resonate with you.



Start a bucket list



Describe a perfect day!