

Chapter 1: Journaling (Time: Approx. 20 minutes)

Purpose: Facilitators can invite the participants to journal at the end of the first class.

This will allow for them to reflect on their feelings before they go home. They can use their expectation stone or use a journal prompt from the list if they desire.

Materials:

Writing materials

Paper

Instruction: Have them complete the sentence...

- I feel...
- If you really knew me...
- I am...
- I believe...
- I want you to know...
- Where I am...
- Where I'm going...
- My story...
- Things that make me smile...
- If my body could talk...
- Things I'd like to say YES to...
- Things I'd like to say NO to...
- The words I need to hear...
- What brings me joy...
- My physical needs...
- My emotional needs...
- I wish someone knew that...
- Today I'm grateful for...
- Today I'm afraid that...
- Today I'm angry about...
- Today I need to remember...
- Today I plan to change...
- Today I am happy that...
- If anything were possible, my life would look like...
- Today I open my heart to...
- Today I give myself permission to write about anything...
- Tomorrow I will imagine...
- Tomorrow I intend to...
- I would rather...
- I will shift my point of view to live more fully by...
- WHO I AM - Today I am/Yesterday I was/I am becoming...
- The parts of myself I show to others...
- The parts of myself I hide from others...
- My authentic self is...
- What the present moment offers me is...
- What's going on right now is...
- I feel seen and heard when...
- THREE BLESSINGS: One good thing that happened today/How it happened/Why it happened...
- Gratitude Letter...