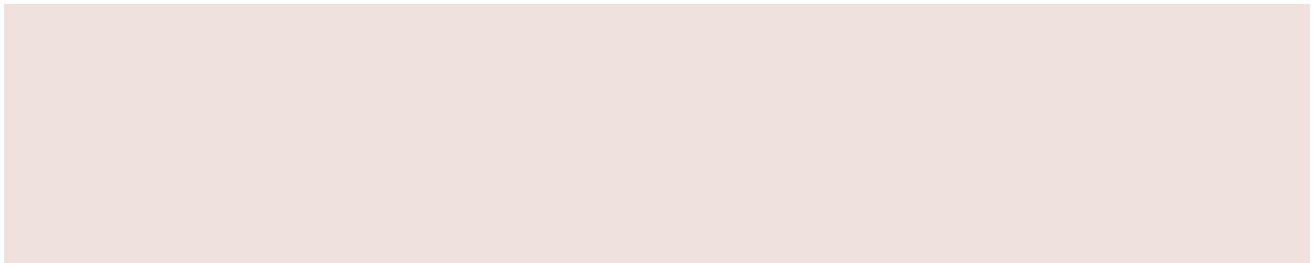


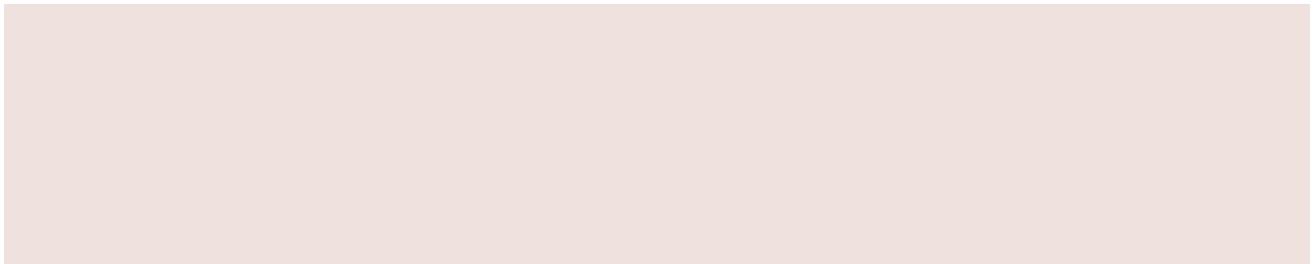
Journal Prompt

Self-Reflection

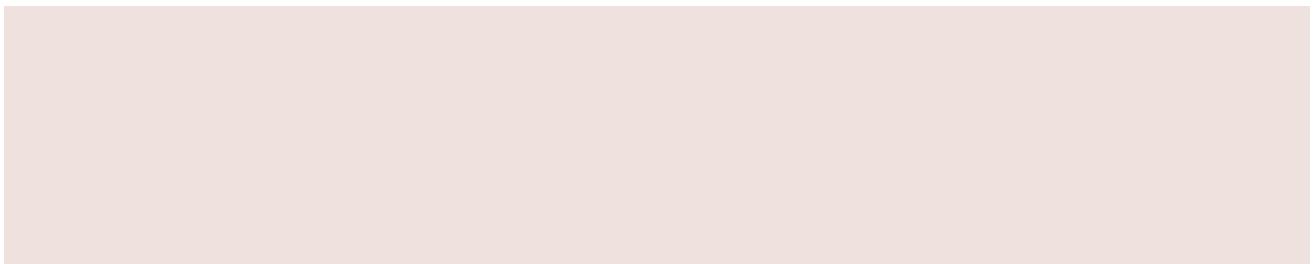
1. What advice would you give to your younger self?



2. What advice would you give to your current self?



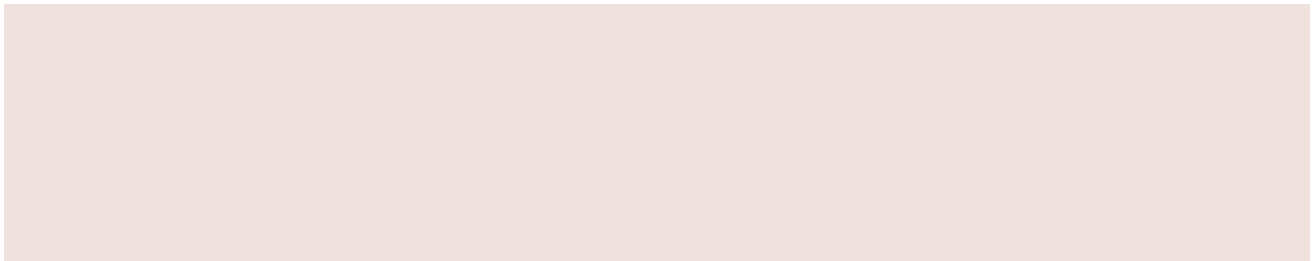
3. What advice would you give to your future self?



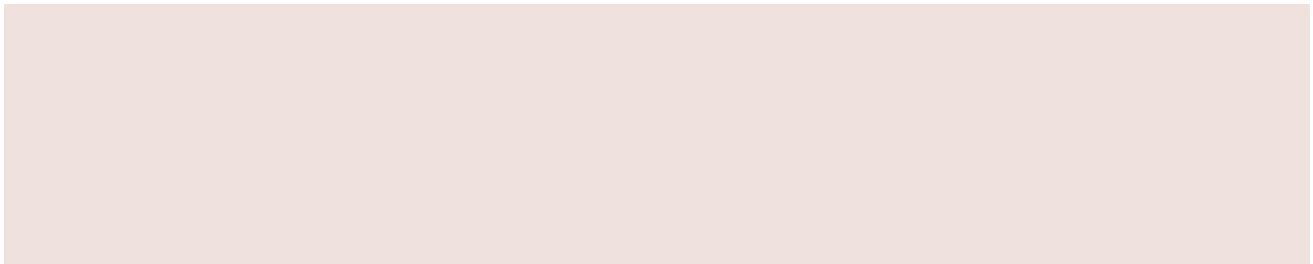
Journal Prompt

Self-Reflection

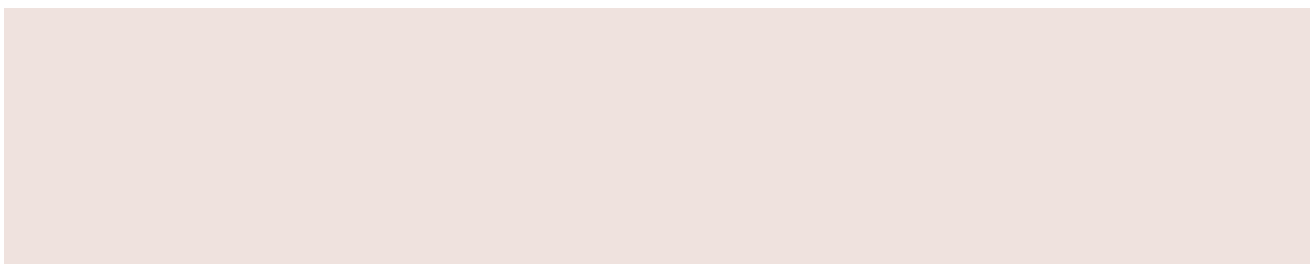
4. Do you have any regrets? If so, what are they?



5. Do you forgive yourself for your regrets? If no, why not?



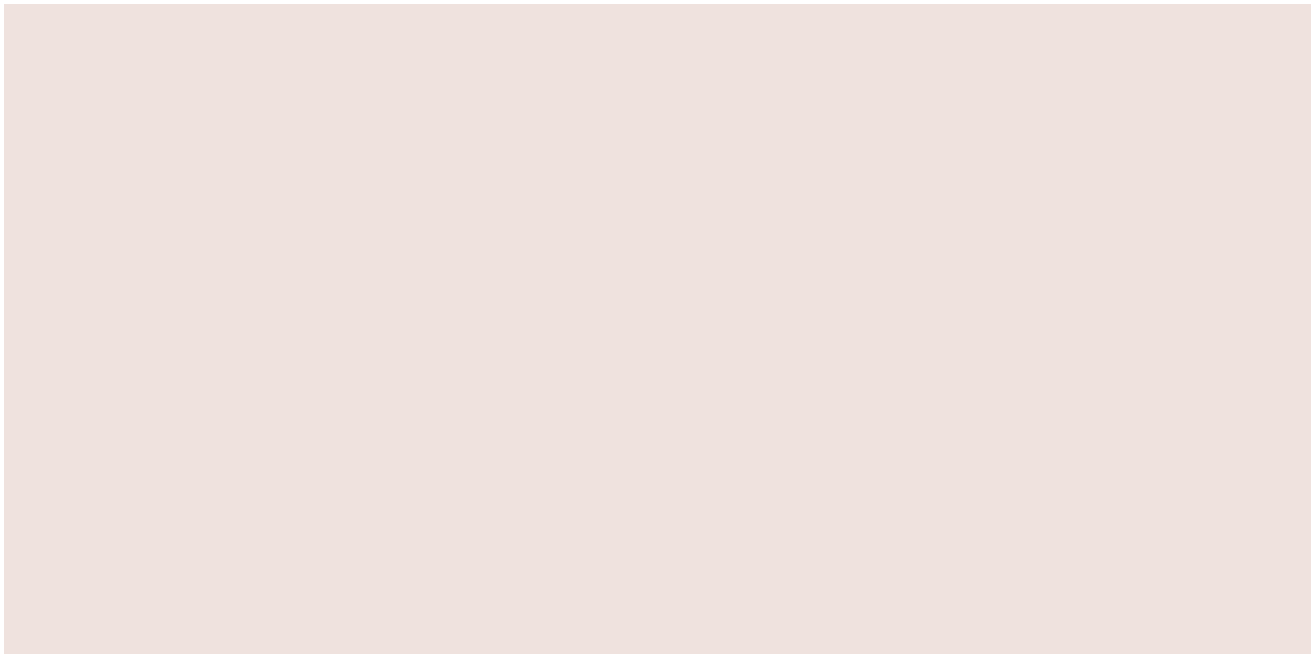
6. What is something you would do if you knew you could not fail?



Journal Prompt

Self-Reflection

7. How can you become the best version of yourself?



Remember that you have the power to shape your reality :)