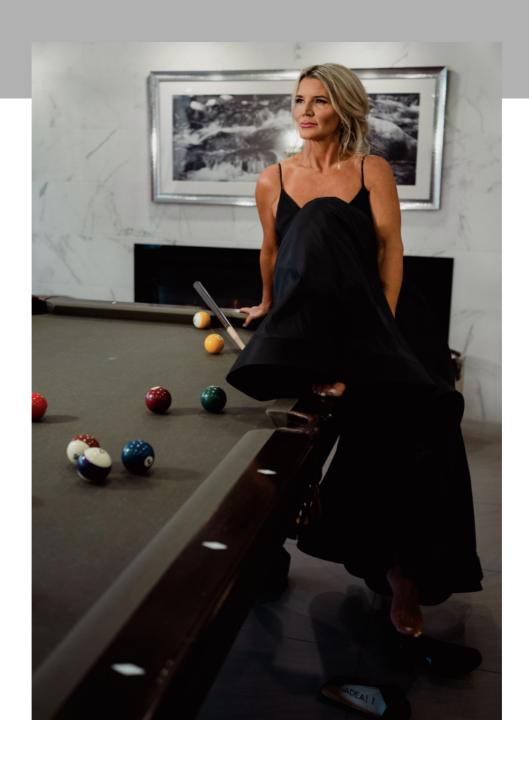
# $\frac{MY}{TRANSFORMATION}$ $\frac{JOURNAL}{}$



# "WHEN YOU KNOW YOUR 'WHY,' THE 'HOW' WILL FOLLOW."

Date:	
Unit one all about you. This week, you'll be journaling about your WHY. What motivates you? What makes you tick? When do you feel most authentically you? What types of activities fill your cup? And which ones don't? Set aside fifteen minutes before bed each night to journal on this topic.	

Date:



Date:



Date:



Date:



Date:



Date:

