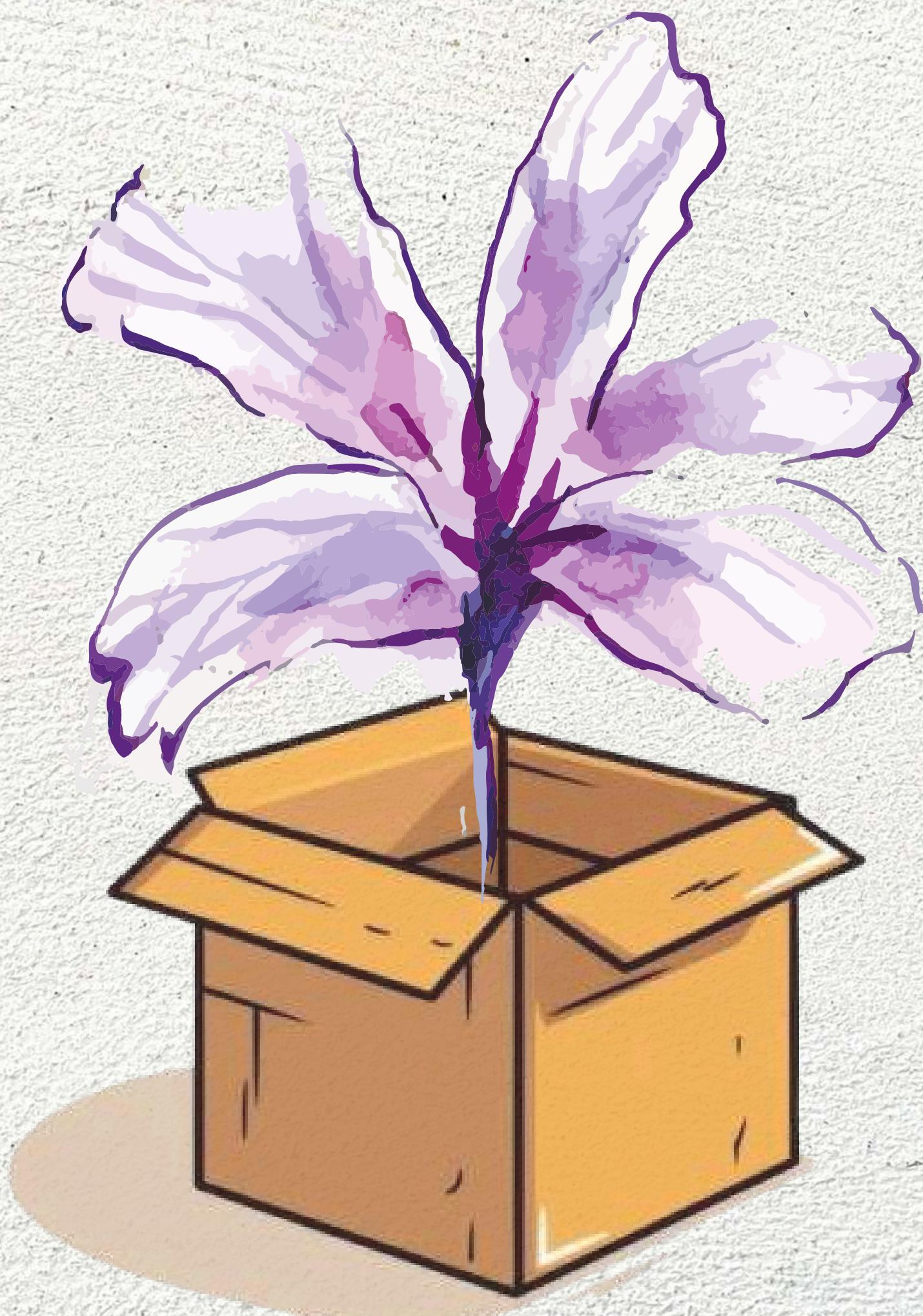


THE ARCHIVE OF ME



because every moment leaves a mark



USER MANUAL

The Archive of Me is a self-exploration journal that invites you to reflect on who you are through the lens of powerful artworks from around the world.

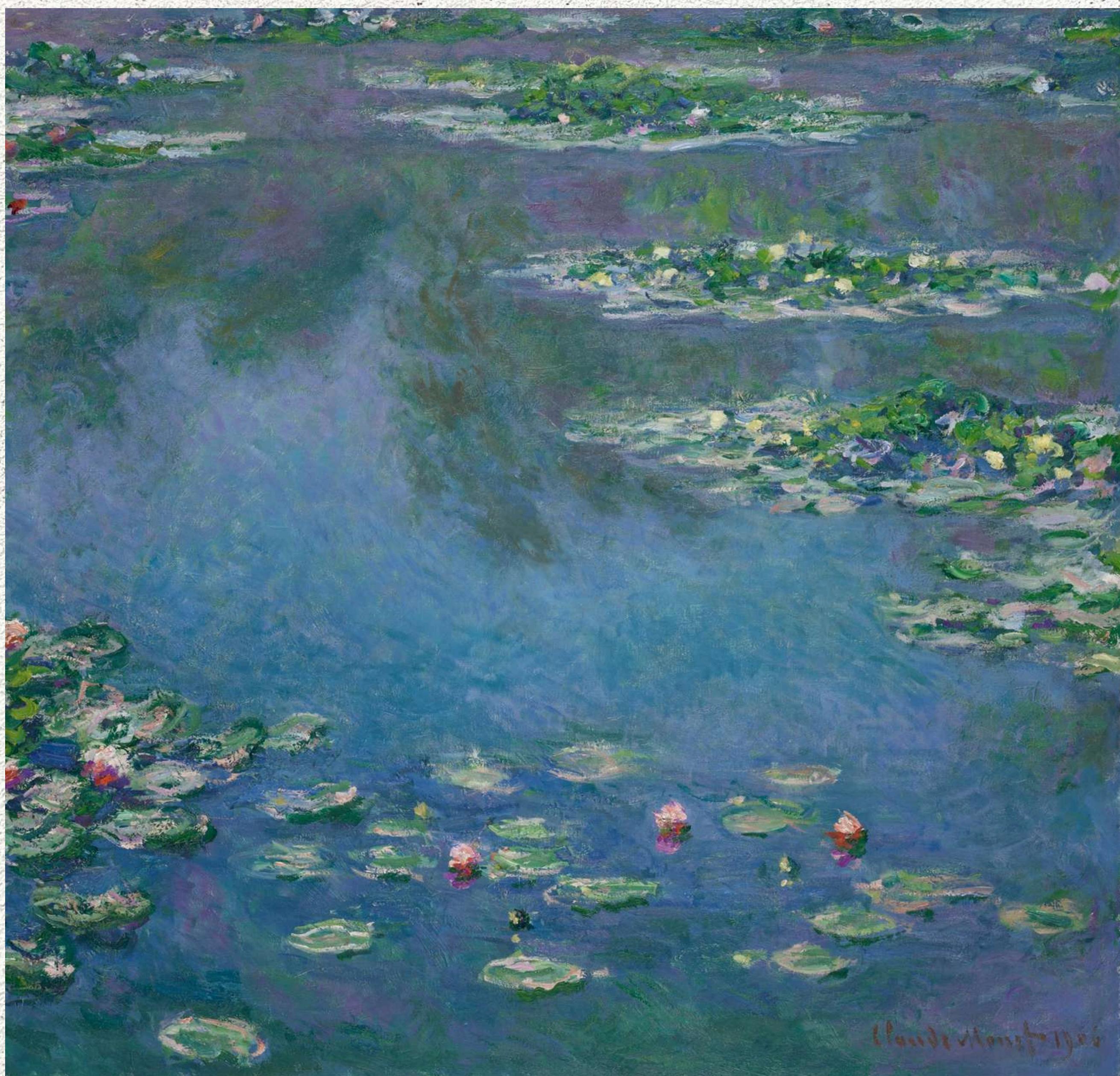
Each image is paired with questions designed to help you think about your memories, identity, emotions, and the way you see the world. There are no right or wrong answers, only your honest thoughts. You can move through the pages in order or skip around, taking your time with each piece.

This journal is a space just for you, a quiet companion to help you notice, wonder, and grow. Use it to write, draw, or simply think to help you better understand yourself and how your inner world connects to something bigger.



WATER LILIES SERIES

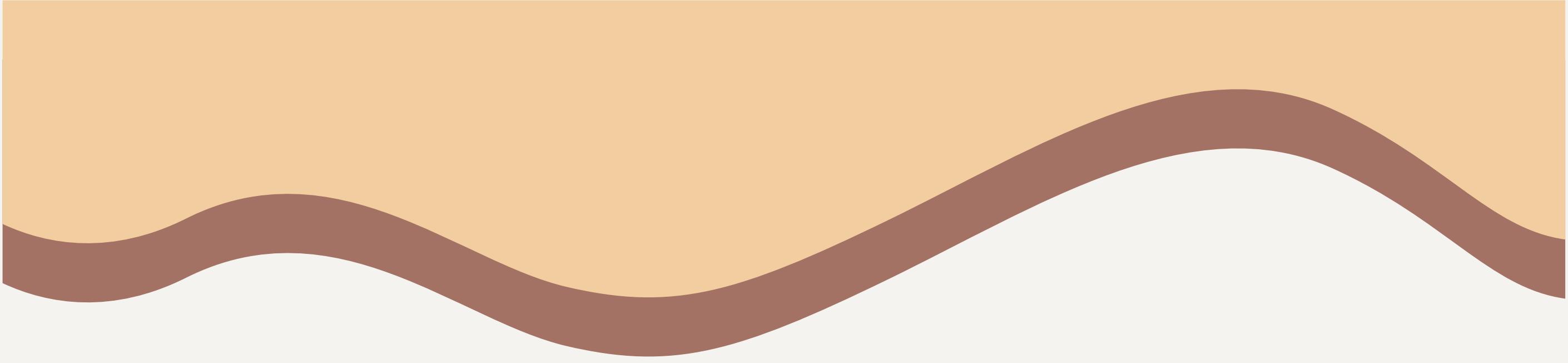
CLAUDE MONET



Monet's Water Lilies series is a serene immersion into a watery world where light and color dissolve the boundaries between sky, earth, and reflection. Painted in his own garden at Giverny, Monet invites viewers to experience a tranquil, almost meditative space where time seems to pause. The paintings aren't just about water or flowers but about a peaceful state of mind and the fleeting moments when nature and self seem to merge. Monet's delicate brushstrokes and shifting hues create a gentle rhythm that captures the quiet poetry of stillness and change.

1.WHAT IS YOUR PERSONAL PERCEPTION OF THIS ARTWORK?
HOW DO THE COLORS, SHAPES, OR ATMOSPHERE AFFECT
YOUR MOOD OR THOUGHTS?

2.WHEN HAVE YOU FELT A SENSE OF CALM OR PEACE? WHERE
WERE YOU, AND WHAT WAS HAPPENING?



3. IMAGINE YOU COULD VISIT THIS PLACE. WHO WOULD YOU TAKE WITH YOU, AND WOULD YOU GO DURING THE DAY OR AT NIGHT? WHAT FEELINGS MIGHT THIS VISIT BRING UP?

THE INTRIGUE

JAMES ENSOR



Ensor's **The Intrigue** is a chaotic carnival of masks and distorted faces, a wild celebration and critique of social masks and hidden intentions. The crowded scene is both absurd and unsettling, revealing the complexity and sometimes the darkness beneath human interactions. Ensor's vibrant colors and grotesque figures expose how people hide their true selves behind facades, caught in the tangled web of social intrigue and deception.

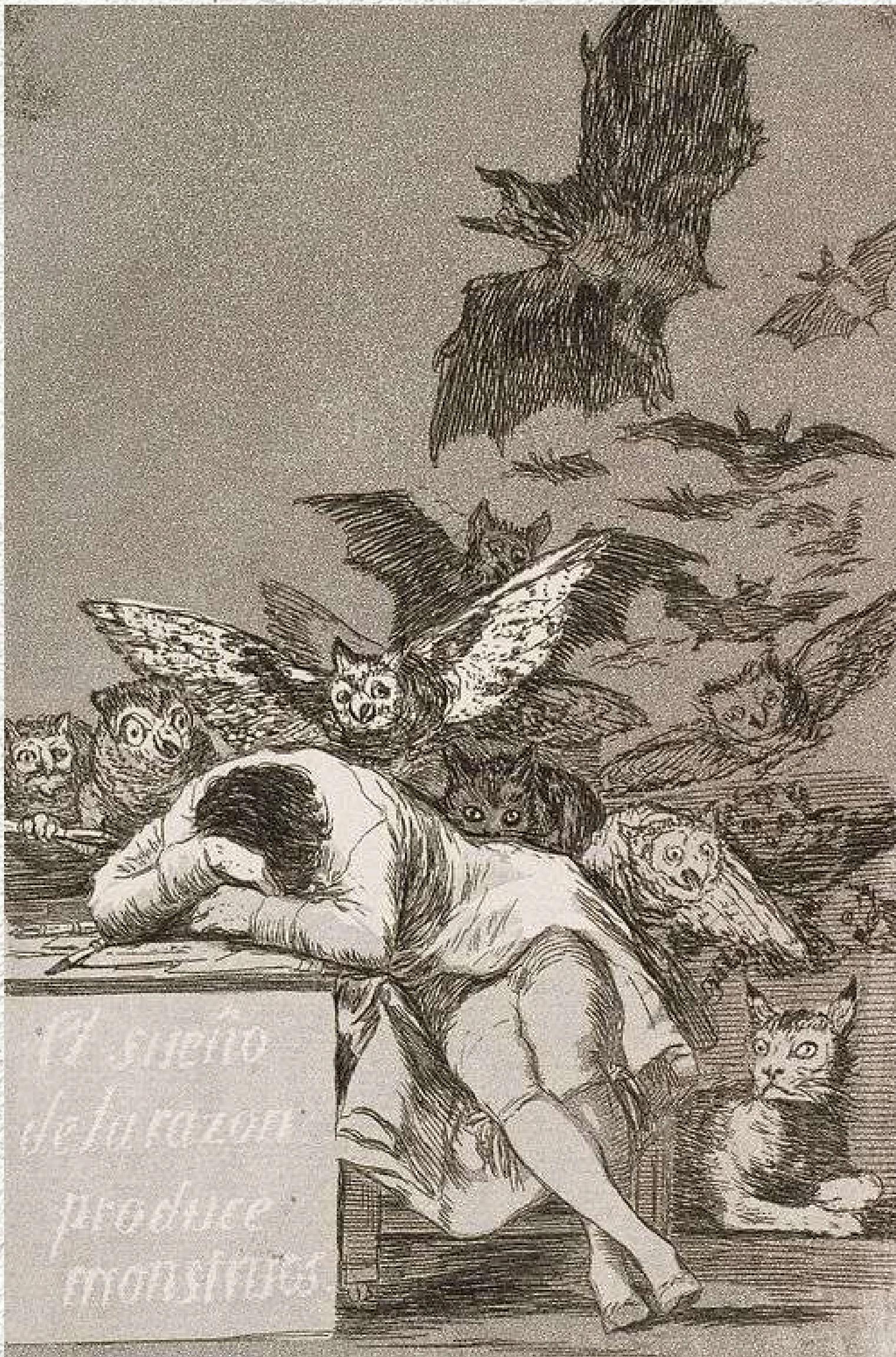
1. DESCRIBE WHAT YOU SEE IN THIS CROWDED SCENE. WHAT DO THE MASKS AND FACES SEEM TO SAY?

2. HAVE YOU EVER FELT LIKE PEOPLE AROUND YOU WERE HIDING THEIR TRUE FEELINGS? WRITE ABOUT A TIME

3.WRITE ABOUT OR DRAW THE MASKS YOU THINK YOU WEAR. WHY DO YOU WEAR THESE MASKS, AND HOW DO THEY AFFECT YOUR DAILY LIFE AND BEHAVIOR?

THE SLEEP OF REASON PRODUCES MONSTERS

FRANCISCO GOYA

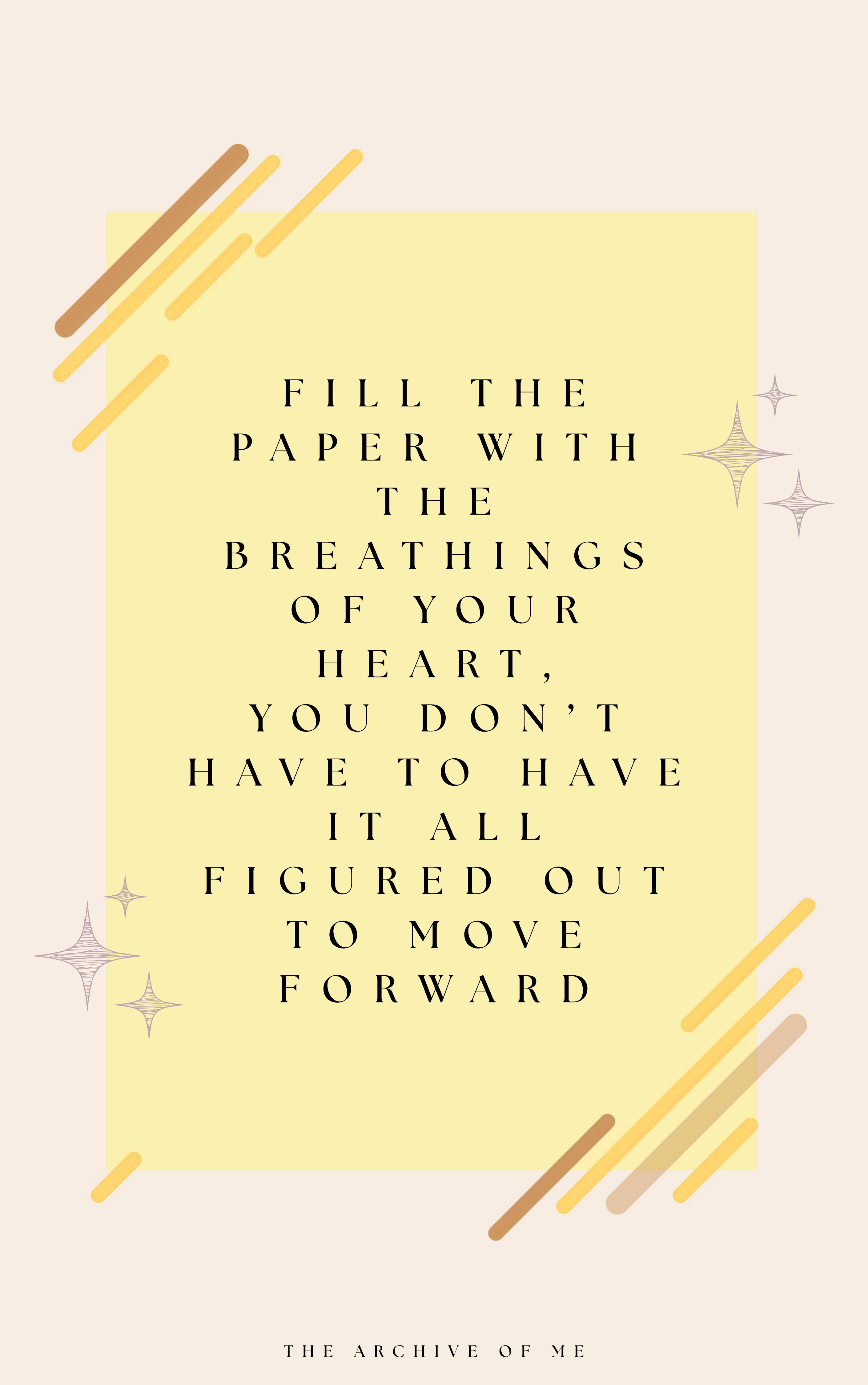


A man slumps over his desk, asleep amidst his tools of creation. From the shadows behind him, a swarm of nocturnal creatures—owls, bats, and other ambiguous forms, emerge, encroaching upon the sleeping figure. This etching, part of Goya's *Los Caprichos* series, serves as a poignant commentary on the interplay between reason and imagination. Goya, influenced by the Enlightenment, believed that reason was essential to combat ignorance and superstition. However, he also acknowledged that imagination, when unbridled by reason, could give rise to "monsters." The ambiguity of the Spanish word "sueño," meaning both "sleep" and "dream," adds depth to the piece, suggesting that both the absence and the overindulgence of reason can lead to chaos.

1.WHAT EMOTIONS ARISE WHEN YOU OBSERVE THE SLEEPING FIGURE AND THE SURROUNDING CREATURES?

2.CAN YOU RECALL A TIME WHEN YOUR IMAGINATION LED YOU TO UNEXPECTED OR UNSETTLING THOUGHTS? HOW DID YOU NAVIGATE THAT EXPERIENCE?

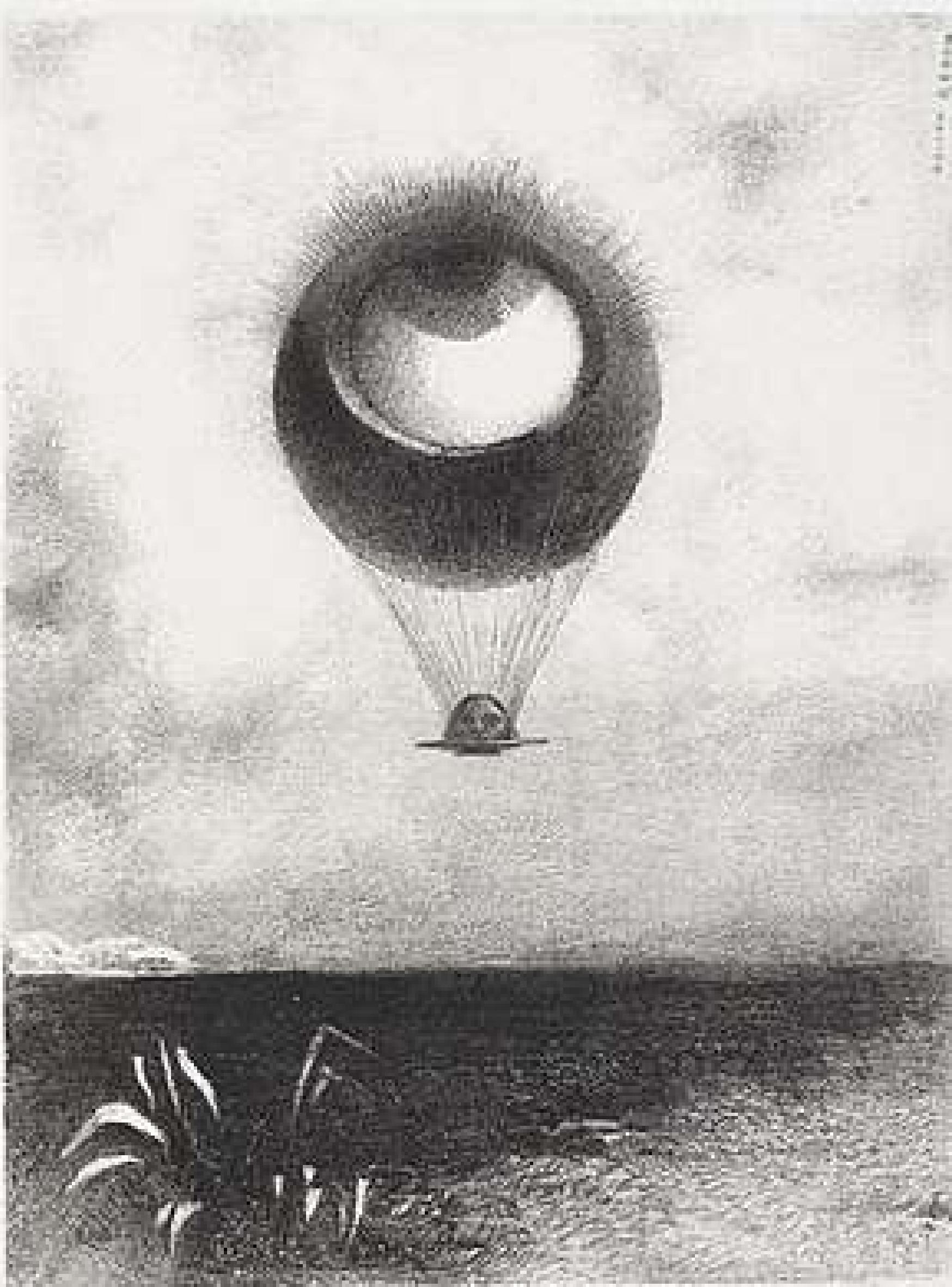
3. REFLECT ON A MOMENT WHEN BALANCING LOGIC AND CREATIVITY WAS CHALLENGING. HOW DID YOU RECONCILE THE TWO, AND WHAT WAS THE OUTCOME?



FILL THE
PAPER WITH
THE
BREATHINGS
OF YOUR
HEART,
YOU DON'T
HAVE TO HAVE
IT ALL
FIGURED OUT
TO MOVE
FORWARD

THE EYE LIKE A STRANGE BALLOON

ODILON REDON



A giant, weightless eye floats like a balloon through a deserted dreamscape. Two figures below, one tall and ghostly, the other hunched and mortal, seem drawn along behind it, as if chained to something unknowable. Odilon Redon called his work “the logic of the visible at the service of the invisible.” In this drawing, there is no single meaning, only sensation: haunting, bizarre, and strangely tender. The eye could be memory, fate, a presence watching over or watching within. Redon’s vision doesn’t resolve into a story. Instead, it opens a space, the kind that asks questions, even if you don’t yet have the words to answer them. For Redon, art was not about certainty, it was about emotion, intuition, and the possibility of inner transformation.

1.WHAT THOUGHTS OR FEELINGS DOES THE ASCENDING EYE
EVOKE FOR YOU?

2.IMAGINE THE HOT AIR BALLOON IS YOUR EYE, YOUR INNER VISION.
WHAT WOULD YOU BE LOOKING DOWN AT? WHAT KIND OF
HORIZON OR FUTURE DO YOU SEE UNFOLDING?

3. IMAGINE THIS MOMENT IS PART OF YOUR PERSONAL JOURNEY, WHAT MIGHT THIS FLOATING EYE BE GUIDING YOU TOWARD? WHAT FEELINGS OR MEMORIES DOES IT AWAKEN AS YOU FOLLOW IT INTO THE UNKNOWN?



THE TWO FRIDAS

FRIDA KAHLO



This self-portrait shows two versions of Kahlo seated side-by-side, symbolizing her divided identity—her Mexican roots and her personal struggles after a painful breakup. The visible hearts and connecting vein reveal emotional vulnerability and inner conflict. This painting stimulates reflection on how we carry multiple, sometimes conflicting selves shaped by culture, trauma, and personal history. It invites exploring how our life stories are layered and complex, and how deep feelings, sometimes wordless, impact who we are.

1.WHAT ARE TWO DIFFERENT VERSIONS OF YOURSELF YOU SHOW TO THE WORLD? WHEN DOES EACH SHOW UP?

2.IS THERE A PART OF YOURSELF THAT FEELS SPLIT OR CAUGHT BETWEEN CULTURES, EXPECTATIONS, OR EMOTIONS?

3.WHAT VERSION OF YOURSELF FEELS MOST LIKE THE REAL YOU AND WHAT PARTS FEEL HIDDEN OR SILENCED? WHY? YOU CAN DRAW, WRITE AND ANSWER IN ANY WAY YOU WANT.

THE HORSE FAIR

ROSA BONHEUR



Rosa Bonheur's **The Horse Fair** bursts with raw energy and movement, capturing the chaos and power of a bustling horse market in 19th-century Paris. Horses rear, stomp, and strain, their muscles and manes painted with vivid detail that brings the scene to life. Bonheur, one of the few celebrated female painters of her era, was fascinated by the strength and spirit of these animals, portraying their power as a symbol of freedom and endurance. The painting invites viewers to experience a moment filled with motion and force, a reminder of nature's raw vitality amid human commerce.

1. DESCRIBE WHAT'S HAPPENING IN THIS SCENE. WHAT DO THE HORSES AND PEOPLE SEEM TO BE DOING AND WHERE ARE THEY?

2. THIS PAINTING SHOWS A CHAOTIC WORLD FULL OF FORCE AND TENSION. HOW DO MOMENTS LIKE THESE AFFECT YOUR DAILY LIFE? HOW DO YOU NOTICE YOURSELF RESPONDING?

3. IMAGINE THIS PAINTING REPRESENTS YOUR OWN ENERGY OR EMOTIONS. WHAT PART OF YOURSELF IS LIKE THE WILD HORSE, AND WHAT PART IS TRYING TO HOLD IT BACK? HOW DOES THAT AFFECT YOUR DAILY LIFE AND BEHAVIOR?

THE BEAUTIFUL GIRL

HANNAH HÖCH



A chaotic collage of fragmented images, text, and symbols, Höch's The Beautiful Girl critiques the materialism and social expectations placed on women in the early 20th century. The girl's face is obscured by a BMW logo, symbolizing how identity can be overshadowed by consumer culture and societal pressures. The piece feels like a visual scrapbook of conflicting desires and roles, a moodboard of modern life that questions what it means to be "beautiful" beyond surface appearances. Höch, a key figure in Dadaism, uses this work to challenge conventional ideas and invite reflection on how we construct identity through external signs.

1. DESCRIBE WHAT YOU NOTICE ABOUT THIS ARTWORK.
WHAT DO THE IMAGES AND SYMBOLS TELL YOU ABOUT
THE PERSON OR STORY BEHIND IT?

2. THINK ABOUT THE BMW LOGO OR OTHER SYMBOLS
THAT STAND OUT TO YOU. HOW DO YOU THINK
MATERIAL THINGS OR BRANDS INFLUENCE THE WAY
PEOPLE SEE THEMSELVES OR HIDE PARTS OF WHO THEY
REALLY ARE?

3. IMAGINE THIS ARTWORK AS A SCRAPBOOK OR MOODBOARD OF YOUR LIFE. WHAT FRAGMENTS WOULD YOU INCLUDE, AND HOW DO THEY SHOW WHO YOU REALLY ARE?

WOMAN WITH DEAD CHILD

KÄTHE KOLLWITZ

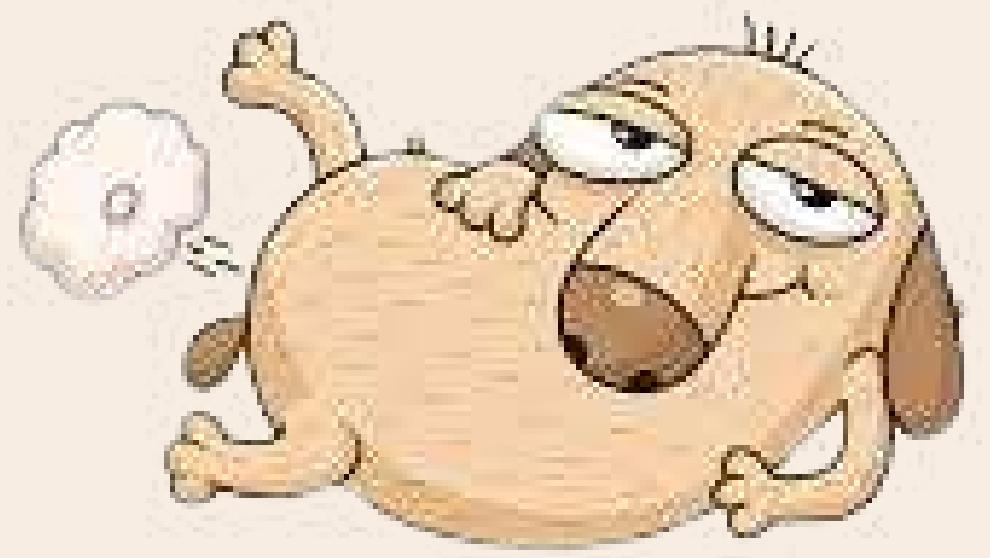


In **Woman with Dead Child**, Kollwitz channels profound grief and loss through stark, raw imagery. The mother cradles her lifeless child, her face etched with sorrow and quiet devastation. Created in a period of personal tragedy, the work speaks to universal pain and the weight of mourning. Beyond literal loss, this powerful image can also represent the experience of losing a part of oneself, whether through change, trauma, or separation. Kollwitz's monochrome style strips away distraction, leaving only the intense emotional bond and the unspoken story of suffering and love. It's a meditation on loss, memory, and how such experiences reshape identity.

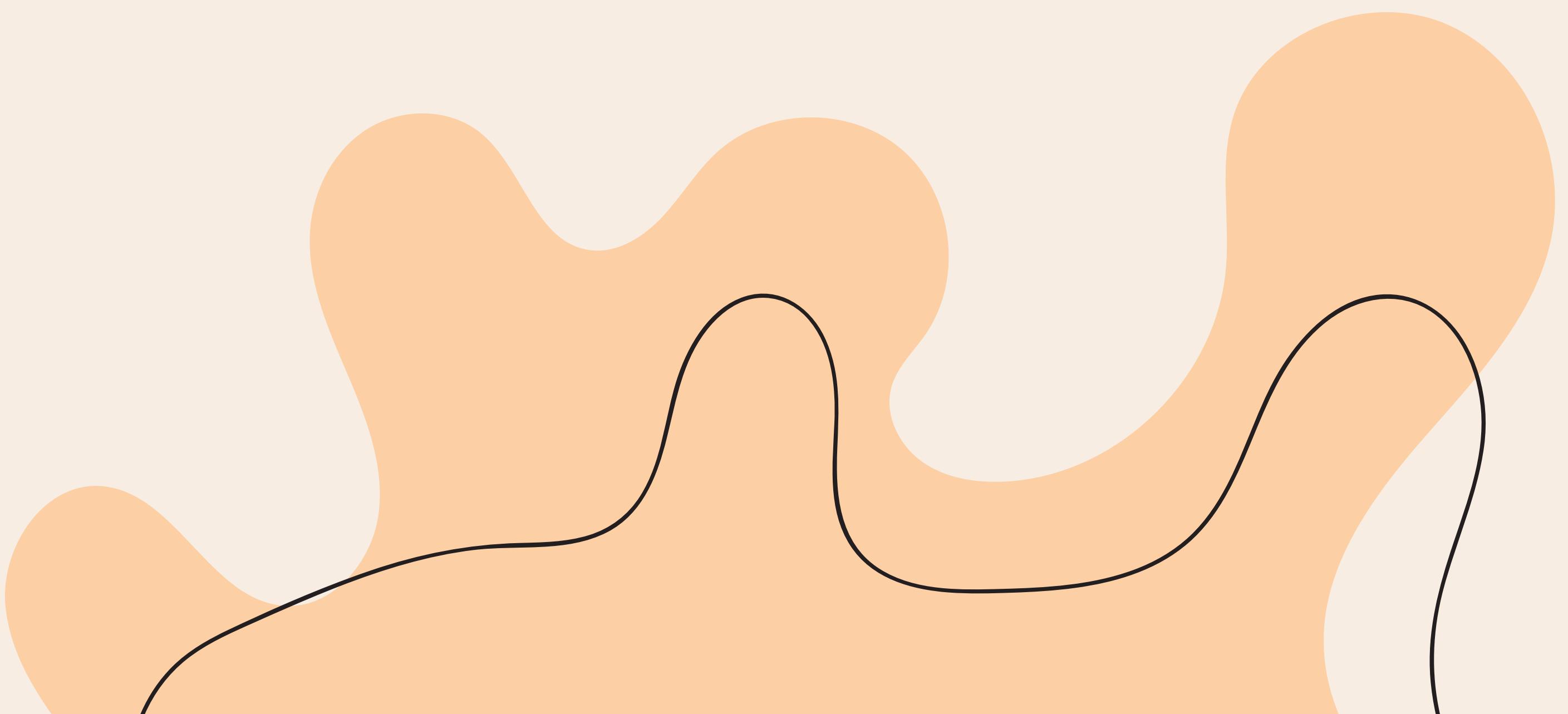
1.WHAT FEELINGS OR THOUGHTS DOES THE MOTHER'S EXPRESSION AND POSTURE EVOKE FOR YOU?

2.HAVE YOU EVER EXPERIENCED A LOSS OR FELT GRIEF? WRITE ABOUT A TIME WHEN YOU CARRIED HEAVY EMOTIONS SILENTLY. WHAT SMALL DETAILS STAYED WITH YOU?

3.WHO OR WHAT HAVE YOU LOST IN YOUR LIFE? HAS THAT LOSS IMPACTED YOU POSITIVELY OR NEGATIVELY IN THE LONG RUN?



M U S T F E E L G O O D T O
L E T T H A T O U T ;)



NIGHTHAWKS

EDWARD HOPPER



Late at night, fluorescent light spills from a corner diner. Three customers and one server sit in eerie stillness, together, but alone. There's no door visible, no way in or out. The city outside is empty. Silent. Hopper's *Nighthawks* captures a moment that's both specific and timeless, a painting that holds the ache of solitude like a still breath. It doesn't shout, but it lingers, a mirror to anyone who has ever felt the quiet weight of being alone in the world. This is not just a scene, it's a feeling and this feeling stays with you.

1. DESCRIBE WHAT'S HAPPENING IN THIS SCENE. WHAT TIME IS IT? WHAT KIND OF PLACE IS THIS DINER? WHAT DO YOU THINK EACH PERSON MIGHT BE THINKING?

2. HAVE YOU EVER FELT EMOTIONALLY DISTANT FROM PEOPLE EVEN WHEN THEY WERE CLOSE BY? WRITE ABOUT A TIME LIKE THAT. WHAT DID YOUR BODY FEEL, AND WHAT SMALL DETAILS STUCK WITH YOU?

3. IMAGINE THIS PAINTING IS A STILL FRAME FROM A MOVIE ABOUT YOUR LIFE. WHAT SCENE MIGHT COME BEFORE OR AFTER IT? DRAW IT, WRITE IT, OR DESCRIBE WHAT EMOTION THIS MOVIE MOMENT CAPTURES ABOUT YOU.

LADY IN THE MOONLIGHT

RAJA RAVI VARMA



Raja Ravi Varma's Lady in the Moonlight captures a figure bathed in soft, silvery light, her expression serene and introspective. Drawing from Indian classical art and Western realism, Varma creates a bridge between tradition and modernity. The moonlight symbolizes calmness, mystery, and feminine grace, while the lady's gaze invites quiet contemplation. This painting reflects Varma's view of women as both earthly and ethereal, caught between the visible world and the realm of dreams and emotions.

1. DESCRIBE WHAT FEELINGS OR THOUGHTS THIS MOONLIT SCENE EVOKE FOR YOU. WHAT DO YOU IMAGINE THE LADY MIGHT BE THINKING?

2. HAVE YOU EVER EXPERIENCED A QUIET MOMENT LIKE THIS, BATHED IN SOFT LIGHT AND CALM? WHAT MADE IT SPECIAL OR MEANINGFUL?

3. WHEN YOU LOOK AT THE LADY IN THIS PAINTING, WHO FROM YOUR LIFE DOES SHE REMIND YOU OF THE MOST? WHO DOES HER ROLE OR PRESENCE RESEMBLE?

CREATION OF THE BIRDS

REMEDIOS VARO



In this dreamlike painting, Remedios Varo imagines a bird-headed being alone in a shadowy alchemical studio. With a violin-shaped object across its chest and a paintbrush in hand, the figure carefully paints birds that fly off the canvas, animated by beams of light and drops of moonlight. The room hums with quiet magic, part science lab, part sanctuary, part forgotten memory. Varo, who fled fascist Spain and found refuge in Mexico, was no stranger to silence, displacement, or reinvention. In her surreal world, reality is rebuilt from imagination, not just remembered, but re-enchanted. This painting doesn't shout its meaning. It glows softly, like a secret ceremony. A figure alone, quietly crafting life.

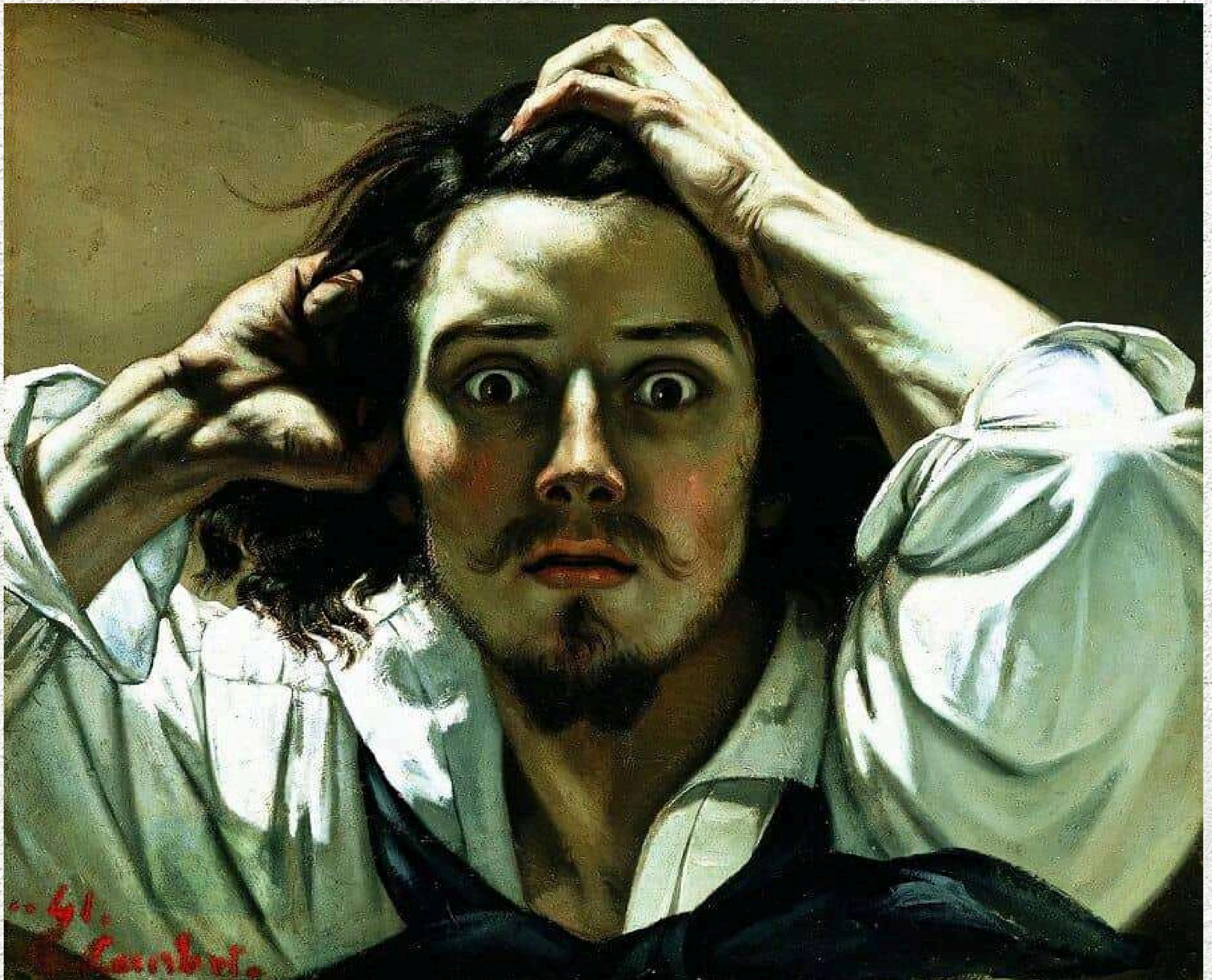
1. WHEN DO YOU FEEL MOST CREATIVE OR IN YOUR OWN WORLD? WHAT DO YOU LIKE TO MAKE OR IMAGINE?

2. DO YOU EVER PROCESS EMOTIONS THROUGH ART, JOURNALING, MUSIC, OR MOVEMENT? IF SO, HOW DOES IT HELP AND IF NOT WHAT DO YOU DO AND HOW DOES THAT HELP?

3.WHAT INNER SPACE HELPS YOU SURVIVE OR REIMAGINE
DIFFICULT EXPERIENCES? HOW DO YOU CREATE MEANING
IN YOUR SOLITUDE?

THE DESPERATE MAN

GUSTAVE COURBET



A man clutches his head, eyes wide with panic, hair tousled as if caught mid-collapse. There's no background, no distractions, just him and his unraveling. Courbet's *The Desperate Man* doesn't hide its emotion behind metaphor or distance. It grabs you by the collar and demands you feel what he feels. This isn't just a moment of fear; it's the terrifying split second when everything you've been holding in breaks loose. Painted in his mid-twenties, Courbet offered his own face as the subject, not out of vanity but necessity, he once said, "I have studied, apart from any tradition, the art of the ancients and the moderns. I have no master but nature." In this early self-portrait, he throws away polished self-presentation and replaces it with psychological urgency. This isn't just art. It's a confession.

1. WHAT EMOTIONS CAN YOU READ IN THIS MAN'S FACE? LIST A FEW WORDS OR IMAGES THAT COME TO MIND WHEN YOU LOOK INTO HIS EYES. CIRCLE THE EMOTIONS YOU THINK ARE PRESENT AND FEEL FREE TO ADD ON.

SURPRISE

ANGST

OVERWHELMED

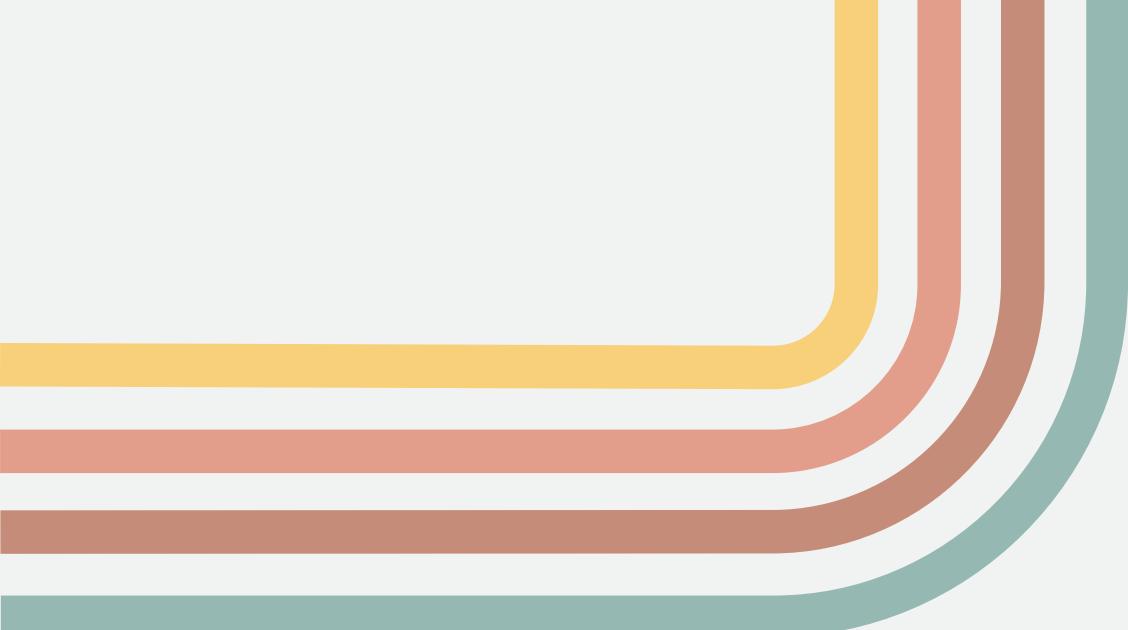
EXCITEMENT

TIREDNESS

ANXIETY

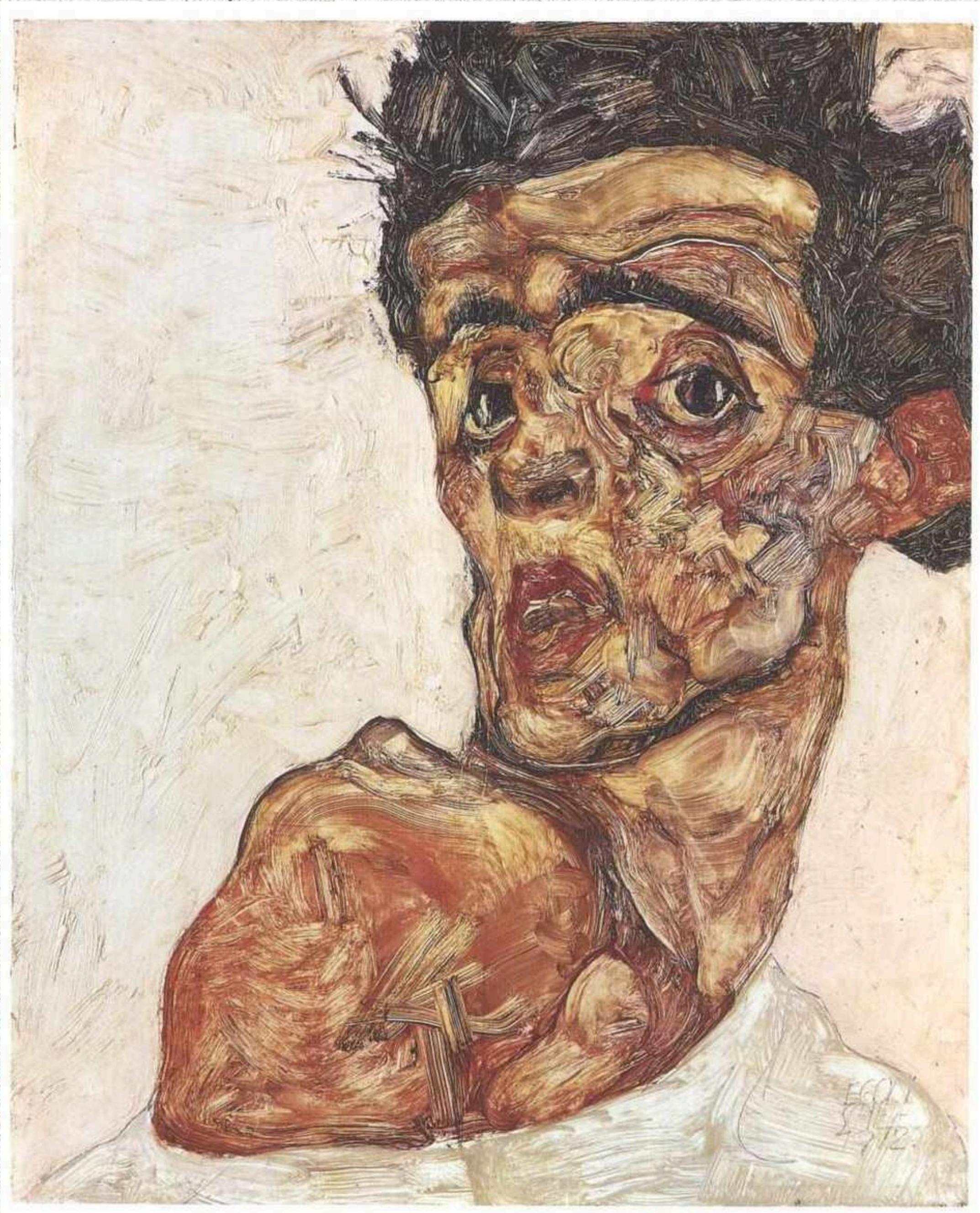
FRUSTRATION

2. HAVE YOU EVER HAD A MOMENT WHERE EVERYTHING FELT LIKE IT WAS TOO MUCH, WHEN YOUR EMOTIONS FELT TOO BIG TO CONTAIN? DESCRIBE THAT MOMENT. WHERE WERE YOU? WHAT DID YOUR BODY FEEL LIKE?



3. IF THIS IMAGE CAPTURED YOUR OWN EMOTIONAL
BREAKING POINT, WHAT WOULD NEED TO COME AFTER IT
FOR HEALING TO BEGIN? TRY TO DRAW, WRITE, OR
IMAGINE THIS AS PART OF YOUR OWN EMOTIONAL STORY.

SELF-PORTRAIT WITH RAISED BARE SHOULDER EGON SCHIELE



Schiele's raw and expressive self-portrait reveals vulnerability and intensity. The bare shoulder and direct gaze confront the viewer with an unfiltered glimpse of self, challenging conventional ideas of beauty and identity. Schiele's distorted forms and harsh lines capture emotional complexity and self-exploration in a way that feels both personal and universal.

1. DESCRIBE WHAT YOU NOTICE ABOUT SCHIELE'S
EXPRESSION AND BODY LANGUAGE. WHAT THOUGHTS OR
FEELINGS DOES IT BRING TO MIND?

2. HAVE YOU EVER FELT EXPOSED OR VULNERABLE LIKE THIS?
WRITE ABOUT A TIME WHEN YOU FACED YOURSELF
HONESTLY.

3. IMAGINE THIS PORTRAIT AS PART OF YOUR LIFE STORY.
HOW DOES YOUR SELF-AWARENESS AFFECT YOUR DAILY
LIFE AND BEHAVIOR?

THE NIGHTMARE

HENRY FUSELI



Fuseli's *The Nightmare* plunges into the surreal and the subconscious, depicting a woman asleep with a demonic incubus perched on her chest and a ghostly horse peering from the shadows.

The painting explores fear, vulnerability, and the blurred line between dreams and waking life. Fuseli taps into primal anxieties and the mysteries of the mind's darker corners, creating an image that both fascinates and unsettles.

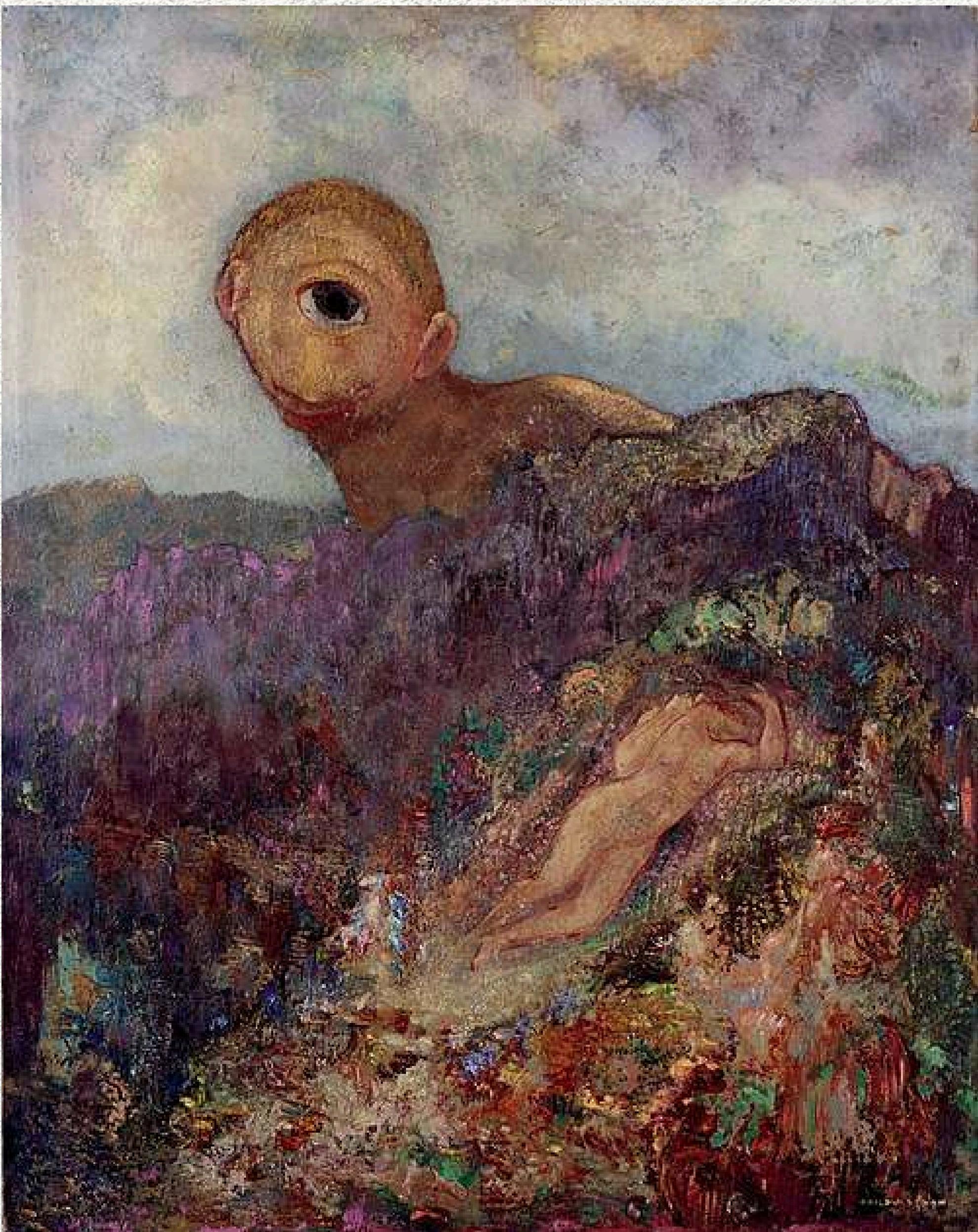
1. DESCRIBE WHAT YOU SEE HAPPENING IN THIS DREAMLIKE SCENE. WHAT FEELINGS OR THOUGHTS DOES IT BRING UP FOR YOU?

2. HAVE YOU EVER EXPERIENCED A NIGHTMARE OR A MOMENT OF FEAR THAT STAYED WITH YOU? WRITE ABOUT THAT EXPERIENCE OR DRAW THE SCENE OF THE NIGHTMARE THAT STAYED WITH YOU.

3.IS THERE SOMETHING IN YOUR LIFE RIGHT NOW THAT MAKES YOU FEEL LIKE SOMETHING IS PRESSING DOWN ON YOUR CHEST? WHAT IS IT, AND HOW DOES IT AFFECT YOU?

THE CYCLOP

ODILON REDON



Redon's **The Cyclops** depicts the mythical giant Polyphemus peering curiously and protectively at the sleeping nymph Galatea. The painting explores the tension between the overwhelming power of the “other” and the fragile innocence of vulnerability. The contrasting scale and the giant's large, watchful eye suggest themes of otherness, protection, and yearning. Redon's use of dreamlike colors and soft brushwork creates an intimate, mysterious atmosphere that invites viewers to reflect on complex emotional relationships.

1. WHAT DO YOU THINK THE GIANT FEELS AS HE WATCHES OVER THE SLEEPING FIGURE? HOW DOES THIS DYNAMIC MAKE YOU FEEL?

2. HAVE YOU EVER FELT BOTH POWERFUL AND VULNERABLE WHILE IN A RELATIONSHIP? WRITE ABOUT HOW THESE FEELINGS COEXIST.



3. THINK ABOUT A RELATIONSHIP IN YOUR LIFE THAT HOLDS
A MIX OF CARE AND TENSION. HOW DO YOU NAVIGATE
THESE EMOTIONS IN YOUR DAILY LIFE AND BEHAVIOR?

MAN WITH A HOE

JEAN-FRANÇOIS MILLET



Millet's Man with a Hoe portrays a weary laborer pausing from hard work, his face marked by exhaustion and resolve. The painting honors the dignity and struggle of rural labor, highlighting human endurance in the face of hardship. Millet captures the raw reality of physical and emotional fatigue while also celebrating the quiet strength needed to carry on. The earthy tones and solid forms ground the viewer in the persistent effort and resilience of daily life.

**1.DESCRIBE WHAT IS HAPPENING WITH THE MAN AND HOW HE
SEEMS TO FEEL.**

**2.HAVE YOU EVER FACED A TOUGH CHALLENGE THAT REQUIRED
GREAT EFFORT? WRITE ABOUT THAT EXPERIENCE.**

3. HOW HAS BEING RESILIENT PAID OFF FOR YOU? HOW DID IT MAKE YOU FEEL, AND HOW DOES IT AFFECT YOUR DAILY LIFE AND BEHAVIOR?

I LOCK MY DOOR UPON MYSELF

FERNAND KHNOOPFF



In this haunting, ethereal image, a red-haired woman draped in flowing robes sits with a faraway gaze, lost in a private realm beyond the reach of the viewer. Around her are faded flowers, a ghostly figure, and the soft shimmer of still water, symbols not just of beauty, but of distance and detachment. The painting's title, taken from a Christina Rossetti poem, signals a deliberate retreat, a closing off from the world not out of fear, but choice. Khnopff, known for his introspective symbolism, paints not only a woman, but a state of being, solitude as sanctuary. The figure is both locked away and self-possessed, evoking the complexity of inner life: the desire to be known and the need to be alone. This isn't merely a portrait of isolation, it's a portrait of privacy, introspection, and perhaps even quiet rebellion. The image resonates with those who have felt the tug between connection and self-preservation. It speaks to the part of us that sometimes needs to step back, close the door, and listen to the silence inside.

**WHAT DO YOU NOTICE ABOUT HER, HER SURROUNDINGS
AND EXPRESSION?**

**2.HAVE YOU EVER NEEDED TO “LOCK YOUR DOOR”
EMOTIONALLY? WRITE ABOUT A TIME WHEN YOU
PROTECTED YOURSELF FROM OTHERS.**

3. IMAGINE THIS MOMENT IS PART OF YOUR
STORY. HOW DO BOUNDARIES AND SOLITUDE
AFFECT YOUR DAILY LIFE AND BEHAVIOR?

THE DEATH OF THE GRAVEDIGGER

CARLOS SCHWABE



Courbet's *Death of the Grave Digger* is a stark and poignant scene portraying the death of a laborer in a rural graveyard. The painting emphasizes the inevitability of death as a natural part of life's cycle, showing a humble, dignified figure passing away amid the earth he once toiled. The somber colors and realistic details ground the image in everyday reality, evoking respect and empathy for the working class. The presence of death here is both a reminder and a meditation on human mortality.

1.WHAT DO YOU THINK ABOUT THE IRONY THAT THE PERSON WHO DIGS GRAVES IS NOW FACING DEATH THEMSELVES?

2.HOW DO YOU THINK THE IDEA OF MORTALITY INFLUENCES THE WAY YOU LIVE YOUR LIFE? WRITE ABOUT YOUR THOUGHTS ON LIFE AND DEATH.

3. THE GRAVEDIGGER'S DEATH SYMBOLIZES THE END OF A ROLE OR IDENTITY. HAVE YOU EVER EXPERIENCED AN ENDING LIKE THIS IN YOUR LIFE? HOW DID IT AFFECT YOUR DAILY LIFE AND YOUR SENSE OF WHO YOU ARE?



THE ARCHIVE OF SMALL REVOLUTIONS

This collection of habits invites you to gently weave new practices into your daily life—one small step at a time. Begin by choosing one habit from the list each day and make it your intention to embrace it fully. There's no rush or pressure; this is your personal journey of growth, curiosity, and self-discovery, unfolding at your own pace.

- Say something encouraging to yourself when you first wake up.
- Sleep for at least 8 hours tonight.
- Go the entire day without saying anything negative about yourself.
- Drink only water for the day.
- Compliment three people (in person or digitally).
- Practice saying a boundary out loud—even if it's just to yourself.
- Let yourself do nothing for 10 full minutes.
- Set a timer for 2 minutes and just stretch whatever way feels natural.
- Let yourself break one small rule (eat dessert first, wear mismatched socks, etc.).
- Make your bed in a way that feels special or calming.
- Unfollow one account that makes you feel less-than.
- Turn off all screens one hour before bed.
- Put away or throw out one item you no longer connect with.
- Keep a joy list: add three things that made you smile today.
- Hug someone for at least 7 seconds.

- Write down one insecurity and counter it with three facts.
- Let yourself cry if you need to. No judgment.
- Let yourself laugh today—watch or do something silly on purpose.
- Write a letter to yourself at age 8.
- Make a list of things you're proud of—no matter how small.
- Describe your current self in third person.
- List 5 traits that have stayed with you your whole life.
- Write down three compliments you wish someone would give you.
- Tell someone a small truth you've been avoiding.
- Watch your favorite childhood cartoon or show.
- Name one person who shaped your identity and why.
- Do one small act of kindness anonymously.
- Let yourself try one new thing today—big or small.
- Look in the mirror and smile at yourself. Just once. No critique.
- Revisit a childhood photo and write a short memory it brings up.
- Go outside and look at the sky for 3 minutes.
- Take a break and lie on the floor, doing absolutely nothing.
- Dance to one song like nobody's watching—even if it's in your room.
- Pick one person you admire and reflect on why.
- Choose one color and notice every time you see it today.

- Take a photo of something beautiful in your day.
- Try doing one task with your non-dominant hand.
- Spend 20 minutes without your phone. Just observe your surroundings.
- Go for a short walk and notice 3 things you've never paid attention to before.
- Say "thank you" aloud to someone who rarely gets thanked in your life.
- Notice one small detail about your favorite place that you've never really seen before.
- Watch a stranger and imagine their inner world.
- Wear your favorite outfit, even if there's "no reason" to.
- Listen to a song you loved years ago—notice what it brings up.
- Find one item in your space that represents you. Reflect on why.
- Keep a log of 3 things you're curious about right now.
- Write down a hope you're secretly afraid to name.
- Sit in silence with yourself for 5 minutes—no music, no distractions.
- Imagine yourself at age 80. Write down one piece of advice they'd give you today.
- Write a letter to your future self.

EACH SMALL HABIT IS A DOOR TO SOMETHING
DEEPER. YOU'RE NOT JUST CHANGING, YOU'RE
DISCOVERING WHO'S BEEN WAITING WITHIN YOU
ALL ALONG.