



JOURNAL INSPIRATIONS

Where would you go today if you had no fear?

Excluding global peace and health for all, what if you could have one wish granted for yourself with no limits, no parameters, no conditions, what would it be?

Identify your mood right now. Sit with that for 10 minutes and then think of something that makes you happy. Maybe a sunny afternoon, a bouquet of flowers, or a sandy beach.

Each morning upon waking, think of **one thing** you are thankful for. It can be as simple as “I am thankful for waking up to see another day” or “I am thankful I am an intelligent human being” or maybe “I am thankful I am free from the Watch Tower”.