



JOURNAL INSPIRATIONS

Where would you go today if you had **no fear**? Write down your thoughts and impressions.

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 let your mind wander to a quiet place where you feel safe. Why did you choose that place?

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”.