

Description: I felt free as I drove down the open

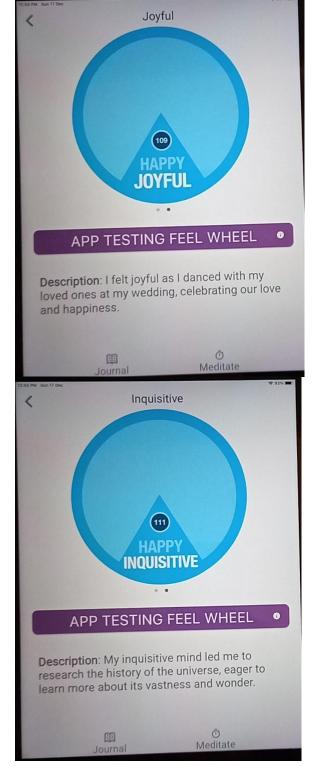
① Meditate

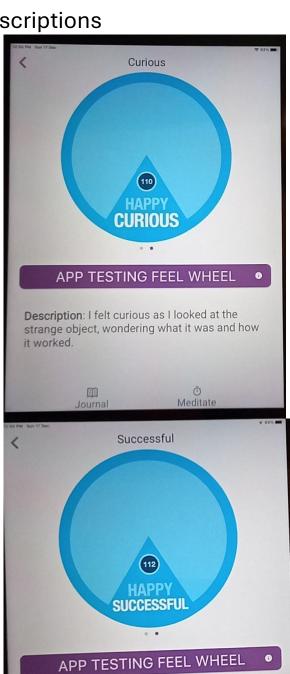
road, the wind in my hair and the sun on my

1

Sonja Parris www,UpYourMojo.com

face.



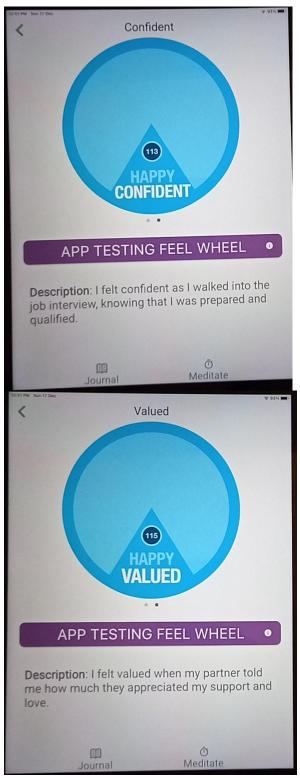


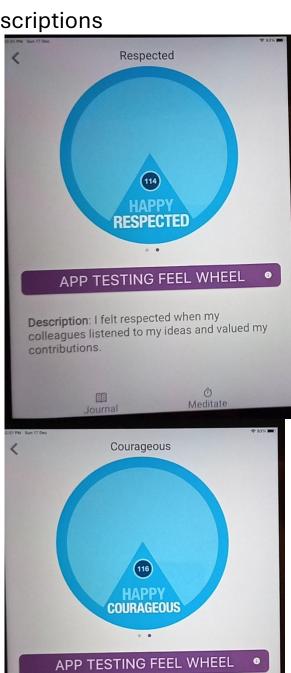
Description: I felt successful as I crossed the

finish line of the marathon, knowing that I had

① Meditate

achieved my goal.



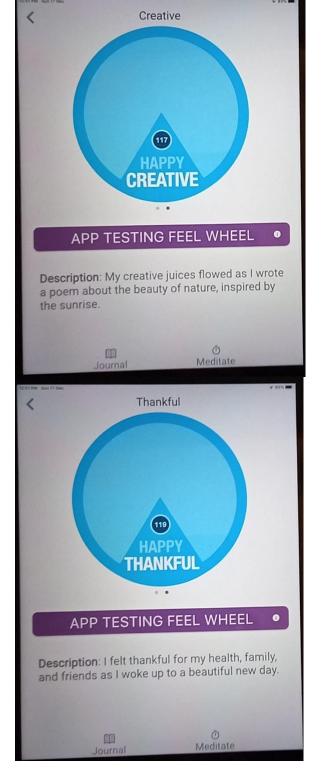


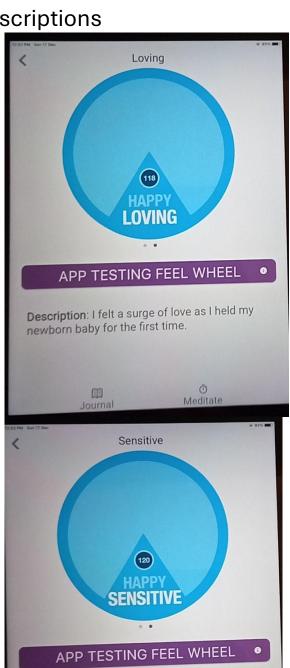
Description: I felt courageous as I stood up to

Meditate

the bully, even though I was scared.

Journal





Description: I felt sensitive when my friend

I knew they didn't mean it to be hurtful.

made a joke about my appearance, even though

① Meditate

