



# THE REN REVIEW



## WELCOME FEBRUARY



February is the month dedicated to and all about love. Relationships are blooming but is not only about sweethearts; instead it can also be a time for self-love and self-care, fostering relationships with family and friends and loving others. Healthy boundaries, extending grace, compassion and an acceptance of all that you encompass, are the themes for the month. As we look forward to chocolate adventures, camp outings and learning more for personal growth; we also celebrate Black History Month, National Freedom Day, Random Acts of Kindness Day and Super Bowl Sunday!

The REN review is an opportunity for members to submit articles about all things happening at REN! Please see Jen AH, visit the Computer Lab every Tuesday morning or email stories, pictures and ideas to [renaznews@gmail.com](mailto:renaznews@gmail.com). We want to hear from you, this is paper by the peers for the peers and all are welcomed. If you aren't a writer, we can work with you, let's learn together. Here's to a new day, hope and another exciting edition of REN news!

## IN THIS ISSUE

REN Outings

Creative Writing Corner and Question of the Month

Fun Pages: Inspirational Quotes, Mental Health Puzzle, Trish Talks and fun facts

Updates, NEWS and more!



# February Question of the Month

How do you practice self-love

Expressing myself through music and art and I read- *Shelby*

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Kissing myself in the Mirror. Because I have insecurities. Voices Pull me down, so I try to Love on myself - *Sandra*

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Reading adventure books - *Scott*

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Taking care of my body - *Jacob*

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Exercise - *Kim*

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I sit and surrender to myself - *James*

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Looking in the mirror, and telling myself I'm worth it. -*Heather*

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Staying positive, positive affirmations, and coming to REN.-

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By communicating with others; participating in the activities, music and dance - *Fadia*

Helping others makes me feel good about myself. Pampering myself, lighting candles, and hot baths - *Nadea*

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Forgiving myself when I make mistakes and loving myself just the way I am - *Monte*



# How do you practice self-love

Staying Positive-Bailey

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Count my blessing. Appreciate the good in my life, Gratefulness.- paul

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Take time to enjoy my pets and call friends -Kathleen

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Watch horror movies and read books.-Jessica

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I extend myself grace-Jen

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I come to ren for Support. I still have problems in that area -Brian

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I do something Kind for another person. either a stranger or someone I know and take time to relax.-peter

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Has a lot to do with my faith. remembering I was created by god. Who created the universe. So I was made to have a purpose. I take care of myself, my appearance to communicate respect for myself and others.-Robert D

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I Try to eat healthy go to the gym and surround myself with positive people. My puppy helps too-Emily

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I meditate, sing, Motivate myself every day. I love music I Always say today with be a good day, Everything will be okay - Steven

I started grocery shopping cooking ahead of time. so I could Have More time take care of my health -Lindsey

# How do you practice self-love

Meditate daily to stay in emotional balance - Kelli

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I'm just me I do what makes me happy - Sara

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I go shooting, 4-wheeling and hiking - Michael

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Buying nice Shoes - Jimmy

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I make fitness a priority - Gayle

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I get plenty of rest, take care of my health, and love others - Anthony

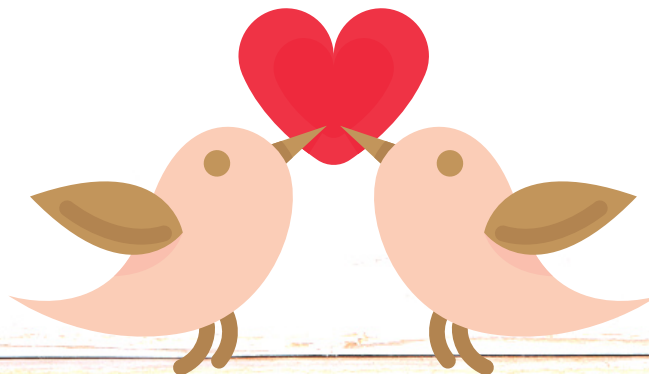
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Treat myself to nice things - David

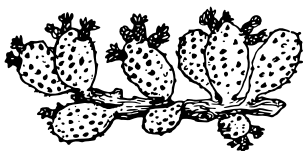
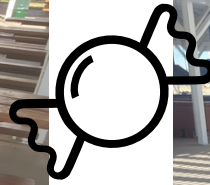
Making time for myself to work out and take care of me - Crystal

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Take time to reflect - David S



# REN Outings



# Creative writing

Before I came to REN I had very bad social anxiety. I would hide from other people. Because I got judged And bullied a lot . I didn't want to be seen with people. I just stuck with myself A lot. Now that I came to REN. No one judges or bullies me. And my anxiety has lessen

Heather M

I am an honest person. I love watching all kinds of movies. Especially ones with unexpected twists and turns. One of my favorites is a german movie, Called Run Lola Run which is part animation mixed live action Lola is running through the streets and courtyards of her town trying to save her boyfriend Manni she needs to find \$100,000 in 15 minutes and bring it back to her boyfriend it sounds totally inprovable even impossible but lola is a determined young woman! she runs through the plot of the movie 3 times until she obtains the desired result it takes 3 do overs in her race against time to gain her desired result of saving her boyfriend and getting an incredibly happy ending to their financial woes.

Barbara P

Should I be written as well as  
My Past  
Should I be well thought out  
Well I think I should be who I would like to be  
I am a fighter  
I am a winner  
I am a beautiful woman  
I am me!

Crystal Pierce

# *Creative Writing*

When I was younger I could write and write and write. After my injuries I have a very difficult time writing, my mind only comes up with something short and sweet. It's harder to elaborate. This makes the class sad for me because I really enjoyed creative writing. I am hoping my mind will heal and I will become better at writing if I come to class and participate, but again it is difficult.

Here goes nothing...

The ocean waves are grey, aggressive and angry  
The ocean is very unhappy spitting lots of foam and spray  
The ships that sail this type of ocean are scared  
of their travels  
Hoping to endure it till it calms again  
Becoming a safer water  
A safer ocean to travel

Heather Greeno

# Saturday Services



Five Years  
By Monte M.

It was ten minutes to five. We were all just minutes away from the weekend. For me, it was my last day at Franklin, Jackson & Hendricks, one of the largest criminal law firms in Medford, Oregon. I had been there for five years, but it was time for a change. At five o'clock, I turned in my I.D. badge to Nick, the security guard. Nick said, "Ted Fisher is a name I'm going to miss around here. " "Thanks Nick, that's very nice", I replied. I carried my box of belongings to my 2017 Honda Civic.

Ten minutes later, I was having dinner at Burger King. It was my last supper in Medford.

Soon after dinner, I was driving down the access road and I parked in a secluded area that overlooked Agate Lake. The blueish-green lake shimmered under the orange summer sky. To my right was a tree whose branches seemed to reach for the Earth below it. The tree's brown bark was brittle to the touch. The tree was filled with thick green leaves and purplish-lavender flowers. In the distance, mountains appeared to rise from the enormous lake. The highest of the seven summits was just over three-thousand-feet-tall. The lake contained 1,653,043 acre feet of water. The water was about thirty-five degrees...normal for a February evening.

I took off my shoes and socks and gently dipped my feet into the cool crisp water. It had been many months since I felt such a refreshing sensation.

I reached into my left coat pocket and pulled out a notepad and a pen. I dated the note February 24, 2022 and I wrote, "I will be back in February of 2026. My name is Ted Fisher and I live at 2224 E Starfish Lane. I am okay and I WILL be back."

I removed my coat, shirt, pants and the rest of my clothes. They were lying along the shoreline of the lake. I walked slowly into the lake and waited there for over five hours. I stayed underwater about 98% of the time. At 11:45 PM I swam out to the center of the lake. It took me almost thirty seconds to swim the three-quarter-mile distance. It was a short distance compared to what I swim on my home world.

At exactly midnight, the lake water began to vibrate. A blue light permeated the waters. A loud hum could be heard. A giant saucer broke the surface. It had a diameter of two-hundred yards and it was thirty yards high at the center. A door quickly slid open and I entered the ship. The temperature aboard ship was twenty-degrees below zero. It was good to be going back home. We would arrive in four Earth days. I would spend some quality time with my wife and three children.

After five years passed, I would return to the Blue Planet, find another job as a criminal attorney and spend five more years studying mankind. I would assume my previous name of Ted Fisher. I would tell the authorities that I was abducted by aliens. They would investigate and soon let me go on with my life. This would allow the human race time to get used to the fact that alien life exists.

Then, on April 1, 2040, our species would arrive on Earth and hopefully co-exist with the inhabitants of the Blue Planet. We have tried to live on three other planets in the galaxy. Each time we arrived we were attacked by the native species. We hope that the people of Earth will be more welcoming. If they are not, we will continue our search for a peaceful, accepting planet.





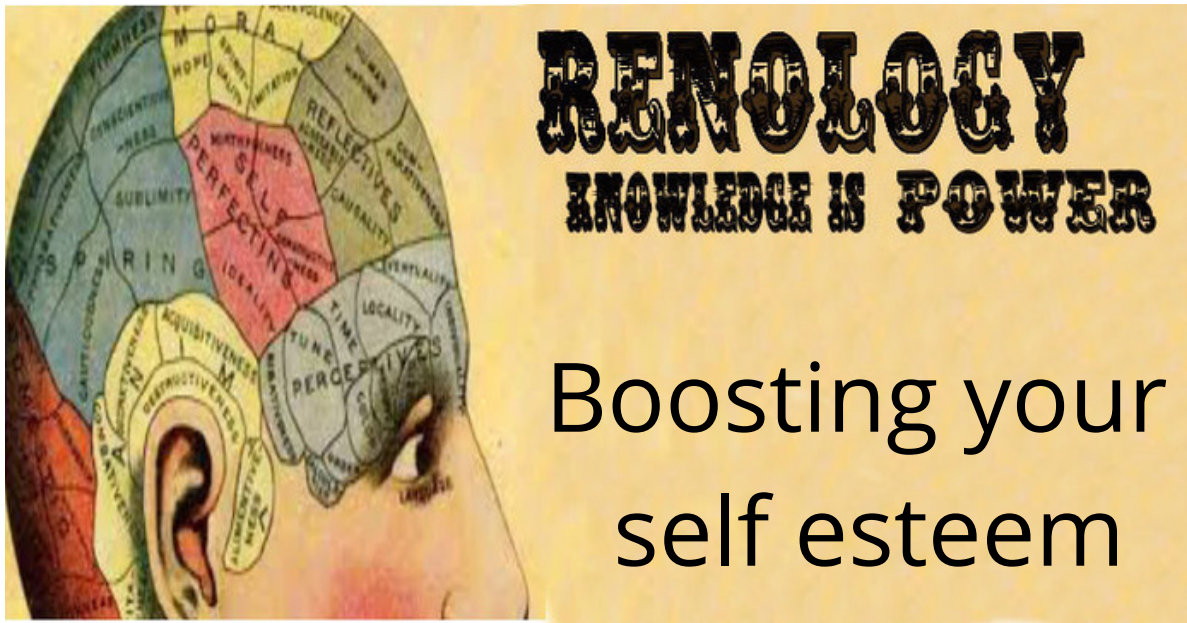
# *Valentines Day Dance*





# Valentines Day Dance





### February is International Boost your self-esteem Month

Self-esteem, simply put, is how you feel about yourself.

According to Oprah Winfrey, 'Self-esteem comes from being able to define the world in your own terms and refusing to abide by the judgment of others.' Having a healthy self-esteem is not simply about liking yourself more. It is also a way of improving your mental health.

In fact, for those with existing mental health struggles, such as severe depression and anxiety, boosting self-esteem can increase feelings of worth and help you manage feelings of sadness, emptiness, etc. Also, a healthy self-esteem can help ward off mental health concerns altogether, as low self-esteem is one of the leading major depression causes. There are many ways you can help yourself boost esteem. Here's a few.

**Become aware of thoughts and beliefs**  
Once you've identified troubling situations, pay attention to your thoughts about them. This includes what you tell yourself (self-talk) and your interpretation of what the situation means. Your thoughts and beliefs might be positive, negative or neutral. They might be rational, based on reason or facts, or irrational, based on false ideas. Ask yourself if these beliefs are true. Would you say them to a friend? If you wouldn't say them to someone else, don't say them to yourself.. like

- **All-or-nothing thinking.** You see things as either all good or all bad. For example, 'If I don't succeed in this task, I'm a total failure.'
- **Mental filtering.** You see only negatives and dwell on them, distorting your view of a person or situation. For example, 'I made a mistake on that report and now everyone will realize I'm not up to this job.'
- **Converting positives into negatives.** You reject your achievements and other positive experiences by insisting that they don't count. For example, 'I only did well on that test because it was so easy.'
- **Jumping to negative conclusions.** You reach a negative conclusion when little or no evidence supports it. For example, 'My friend hasn't replied to my email, so I must have done something to make her angry.'
- **Mistaking feelings for facts.** You confuse feelings or beliefs with facts. For example, 'I feel like a failure, so I must be a failure.'
- **compare yourself to others.** When you compare yourself, you are often saying that you want to be more like that person or have what that person has and try and compete with them. This can really cause you to become negative and unconfident, as you are really telling yourself that you are not good enough.
- **Negative self-talk.** You undervalue yourself, put yourself down or use self-deprecating humor. For example, 'I don't deserve anything better.'



### Adjust your thoughts and beliefs

Now replace negative or inaccurate thoughts with accurate, constructive thoughts. Try these strategies:

- **Use hopeful statements.** Treat yourself with kindness and encouragement. Instead of thinking your presentation won't go well, try telling yourself things such as, 'Even though it's tough, I can handle this situation.'
- **Forgive yourself.** Everyone makes mistakes — and mistakes aren't permanent reflections on you as a person. They're isolated moments in time. Tell yourself, 'I made a mistake, but that doesn't make me a bad person.'
- **Avoid 'should' and 'must' statements.** If you find that your thoughts are full of these words, you might be putting unreasonable demands on yourself — or on others. Removing these words from your thoughts can lead to more realistic expectations.
- **Focus on the positive.** Think about the parts of your life that work well. Consider the skills you've used to cope with challenging situations.
- **Consider what you've learned.** If it was a negative experience, what might you do differently the next time to create a more positive outcome?
- **Relabel upsetting thoughts.** You don't need to react negatively to negative thoughts. Instead, think of negative thoughts as signals to try new, healthy patterns. Ask yourself, 'What can I think and do to make this less stressful?'
- **Encourage yourself.** Give yourself credit for making positive changes. For example, 'My presentation might not have been perfect, but my colleagues asked questions and remained engaged — which means that I accomplished my goal.'
- **Do things you enjoy.** Start by making a list of things you like to do. Try to do something from that list every day.
- **Spend time with people who make you happy.** Don't waste time on people who don't treat you well.

These steps might seem awkward at first, but they'll get easier with practice. As you begin to recognize the thoughts and beliefs that are contributing to your low self-esteem, you can counter them or change the way you think about them. This will help you accept your value as a person. As your self-esteem increases, your confidence and sense of well-being are likely to soar.

reference Mayo Clinic July 20, 2020

# Trisha Talks

## Dear Trisha,

I am feeling lonely, it seems that everyone has someone... boyfriend, best friend or a squad and I really don't have anyone. I often struggle with feeling comfortable to talk to others and when I get to REN I feel like everyone else knows what they are doing or at the very least are having a better time than me. I tried to be outgoing at the dance but then I just felt awkward. I go home to my apartment alone and feel like I am bothering if I try to reach out to the people I have met. I need some help.

Sincerely Awkward,

Dear Awkward,

I want you to know that everybody struggles, while there may not be a ton of solace in that just know that you aren't the only one feeling like this. Continue to go to your program of choice and try reaching out to others this week. Practice self love and get out of your comfort zone; the dance thing sounds amazing I think that is growth. Sometimes I think as humans going through our own struggles we obviously tend to believe that no one has the compassion that we do for others. We think that everyone must think we are as bad as we think we are. Reach out, you would be amazed to know that the person you don't want to "bother" is in need of someone today.

If you have something you would like to get off your chest, write to me at [Rentrishatalk@gmail.com](mailto:Rentrishatalk@gmail.com) "Remember not to include names of persons, places or organizations also religion and politics are not permitted". While Trisha is a trained peer support she is not by any means a mental health professional. If you are having a mental health crisis please seek out a trained professional or call the crisis line 602- 222-9444



# FUN IN RECOVERY

## Would you Believe...



- The official longest kiss was clocked at 32 hours, 7 minutes and 14 seconds long by Nikola Matovic and Kristina Reinhart in Germany in February 2009
- February is the Most Missed spelled word in the English Language
- It's the only month that can pass without having a full moon. That doesn't mean February never has a full moon—it usually does, as a matter of fact. The last time it didn't was 1999. The next time it won't have a full moon? 2037!
- Every year, thousands of romantics send letters addressed to Verona, Italy to "Juliet," the subject of the timeless romantic tragedy, "Romeo and Juliet." The city marks the location of the Shakespearean tale, and the letters that reach the city are dutifully answered by a team of volunteers from the Juliet Club. Each year, on Valentine's Day,
- The largest box of chocolates is a Thorntons Moments box weighing 3725Lbs. 2 April 2008.
- first valentine was written a prison. Charles, Duke of Orleans wrote the love letter to his second wife at the age of 21 while captured at the Battle of Agincourt. As a prisoner for more than 20 years, he would never see his valentine's reaction to the poem he penned to her in the early 15th century.
- The largest padlock in the world weighs 916 pounds.
- There's a LEGO bridge in Germany that you can walk across.
- For 20 years, a cat served as mayor of an Alaskan town.
- The inventor of the Pringles can is now buried in one.
- The Goodyear Blimp is the official bird of Redondo Beach, California.
- The amount of copper on the Arizona capitol building roof is equivalent to nearly 5 million pennies.

## February Word Search valentine's

M	C	D	F					R	Z	G	R									
T	Q	F	J	G	L			U	F	M	I	U	L							
O	D	J	R	Y	N	S	Q	E	D	E	C	R	V	D	T					
F	L	O	M	U	R	C	W	Q	H	X	U	P	B	X	L	A	Y	O	X	
K	I	S	S	E	S	U	E	P	Q	A	M	F	O	R	Y	F	L	C	R	F
F	T	H	I	A	R	E	E	D	C	C	E	L	E	U	I	R	E	H	Q	Q
S	S	T	C	Z	Y	C	T	G	N	A	X	O	M	A	R	I	N	E	F	F
M	N	R	F	X	X	H	H	C	H	R	M	W	T	R	O	E	T	A	M	Z
D	G	E	L	C	H	O	E	Y	T	D	S	E	M	Y	S	N	I	R	N	P
V	D	A	U	Z	C	A	N	F	S	L	R	T	M	E	D	N	T	H		
A	O	P	P	P	O	R	D	W	H	V	S	B	M	S	Y	E	S	N		
Q	I	I	Z	L	T	E	K	W	D	E	O	H	U	G	S	L				
N	N	D	I	A	I	B	V	Z	B	E	M	I	N	E	E	Q				
K	L	W	T	T	B	O	Y	F	R	I	E	N	D	L						
J	G	E	A	A	L	O	V	E	L	E	N	S								
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BE MINE  
BOYFRIEND  
CANDY  
CARDS  
CHOCOLATE

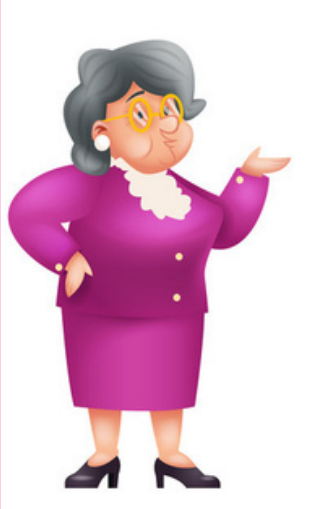
CUPID  
DATE  
FEBRUARY  
FLOWERS  
GIRLFRIEND

HEARTS  
HUGS  
KISSES  
LOVE  
PINK

POEM  
RED  
ROSES  
SWEETHEART  
VALENTINES

# Poor Trisha's Almanac

## February 2022



**February 1, 1960** - In Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service, but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states,

**February 3, 1870** - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

**February 3, 1913** - The 16th Amendment to the U.S. Constitution was ratified, granting Congress the authority to collect income taxes.

**February 6, 1788** - Massachusetts became the sixth state to ratify the new U.S. Constitution, by a vote of 187 to 168.

**February 6, 1933** - The 20th Amendment to the U.S. Constitution was adopted. It set the date for the Presidential Inauguration as January 20th, instead of the old date of March 4th. It also sets January 3rd as the official opening date of Congress.

**February 7, 1795** - The 11th Amendment to the U.S. Constitution was ratified, limiting the powers of the Federal Judiciary over the states by prohibiting Federal lawsuits against individual states

**February 8, 1910** - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

**February 10, 1942** - The first Medal of Honor during World War II was awarded to 2nd Lt. Alexander Ninger (posthumously) for heroism during the Battle of Bataan.

**February 10, 1967** - The 25th Amendment to the U.S. Constitution was ratified, clarifying the procedures for presidential succession in the event of the disability of a sitting president.

**February 11, 660bc**-Celebrated in Japan as the founding date of the Japanese nation, which occurred with the accession to the throne of the first Emperor, Jimmu,

**February 11, 1990**-In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

**February 13, 1635**- Boston Latin School, the first tax-payer supported (public) school in America was established in Boston, Massachusetts.

**February 14, 1912** - Arizona Became the 48th State

**February 20, 1962** - Astronaut John Glenn became the first American launched into orbit. Traveling aboard the "Friendship 7" spacecraft, Glenn reached an altitude of 162 miles (260 kilometers) and completed three orbits in a flight lasting just under five hours.

**February 27, 1950** - The 22nd Amendment to the U.S. Constitution was ratified, limiting the president to two terms or a maximum of ten years in office.

# February BIRTH DAYS

Happy Birthday to all of you born in  
February

Birthstone :Amethyst

zodiac sign Aquarius (Jan 20 – Feb 18)/ Pisces (Feb 19–mar 20)

Here are some celebrities you share your special day with

## February 1

Rick James 1943-2004  
Harry Styles -1994  
Hattie Caraway 1878-1950  
the first woman elected to the U.S.  
Senate

## February 2

Christie Brinkley-1954  
Brent Spiner - 1949  
Shakira-1977

## February 3

Norman Rockwell -1894-1978  
Bridget Regan- 1982  
Blythe Danner-1943

## February 4

Rosa Parks - 1913-2005  
Alice Cooper - 1948  
Oscar De La Hoya-1973

## February 5

Bobby Brown-1969  
Jennifer Jayson Leigh-1962  
Sara Foster-1981

## February 6

Bob Marley-1945-1981  
Babe Ruth-1895-1948  
Axl Rose-1962

## February 7

Chris rock-1965  
Garth Brooks-1962  
Laura Ingalls Wilder-1867-1957

## February 8

Seth Green-1974  
Nick Nolte-1941  
James Dean-1931-1955

## February 9

Judith Light-1949  
Joe Pesci-1943  
William Harrison- 1773-1841 9th us  
President

## February 10

Jimmy Durante 1893-1980  
Robert Wagner-1930  
Laura dern-1967

## February 11

Burt Reynolds-1936-2018  
Brandy (Norwood)-1979  
Thomas Edison-1847-1931

## February 12

Jennifer Stone-1993  
Arsenio Hall-1956  
Abraham Lincoln-1809-1865

## February 13

Jerry Springer-1944  
Stockard Channing-1944  
Grant Wood-1892-1942 Painter of  
American Gothic

## February 14

Florence Henderson-1934-2016  
Jimmy Hoffa-1913-1975



## February 15

Jane Seymour-1951  
Chris Farley - 1964-1997  
Galileo Galilei-1564-1642  
**February 16**  
The weekend(Abel Makkonen  
Tesfaye)-1990  
Ice Tea(Tracy Lauren Marrow)-1958  
Sunny Bono-1935-1998

## February 17

Michael Jordan-1963  
Paris Hilton-1981  
Lou Diamond Phillips-1962

## February 18

John Travolta-1954  
Andre Romelle Young(Dr.Dre)-1965  
Enzo Ferrari - 1898-1988

## February 19

Nicolaus Copernicus-1473-1543  
Jeff Daniels-1955  
Smokey Robinson -1940

## February 20

Charles Barkley -1963  
Cindy Crawford-1966  
Sidney Poitier - 1927-2022

## February 21

Jennifer Love Hewitt - 1979  
Kelsey Grammer - 1955  
Mark Kelly - 1964

## February 22

Drew Barrymore- 1975  
Steve Irwin - 1962 - 2006  
George Washington-1732 - 1799

## February 23

Dakota Fanning-1994  
Peter Fonda-1940-2016  
Carol Denise Betts (Niecy Nash) - 1970

## February 24

Steve Jobs - 1955  
Floyd Mayweather - 1977  
Admiral Chester Nimitz - 1885-1966

## February 25

George Harrison -1943 -2001  
Tea Leoni -1966  
Rick Flair - 1949

## February 26

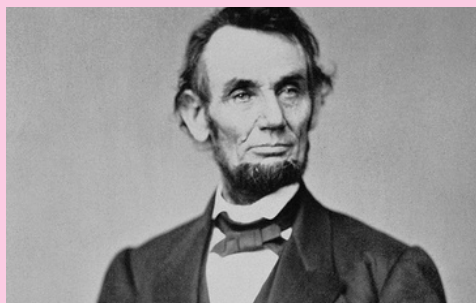
Johnny Cash-1932-2003  
Jackie Gleason - 1916 - 1987  
Buffalo Bill Cody- 1846 - 1917

## February 27

Elizabeth Taylor-1932 -2011  
John Steinbeck-1902-1968  
Henry Wadsworth Longfellow - 1807 -  
1882

## February 28

Brian Jones - 1942 - 1969  
Rae Dawn Chong - 1961  
Bigsy Siegal - 1906-1947










# REN MOVIE REVIEW



## A map of tiny perfect things

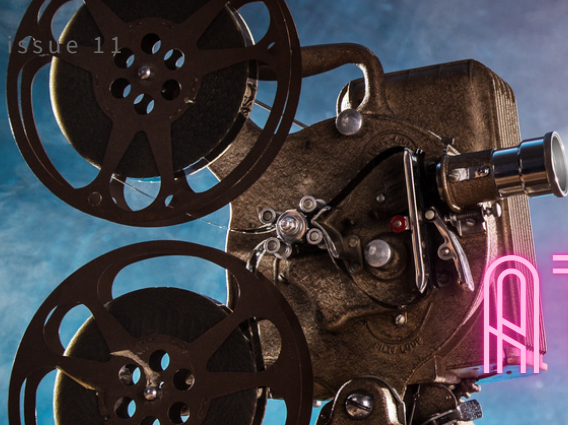
The film tells the story of quick-witted teen Mark, contently living the same day in an endless loop whose world is turned upside-down when he meets mysterious Margaret, also stuck in the time loop. Mark and Margaret form a magnetic partnership, setting out to find all the tiny things that make that one day perfect. What follows is a love story with a fantastical twist, as the two struggle to figure out how -- and whether -- to escape their never-ending day.

Get in your comfy PJs, grab the half gal of cookie dough, Ice cream, snuggie, a box of kleenex, and watch with a friend well worth it. It is streaming now on Amazon Prime.

-  = Only on a dare.
-  = I could not find the remote.
-  =It had It's moments.
-  =I like It!
-  =OMG Gurl,You have to see this movie!







# AT THE BOX OFFICE

## Top 25 Romantic movies of all time



Casablanca-1943

Eternal Sunshine of the Spotless Mind-2004

Titanic-1997

When Harry Met Sally-1989

It Happened One Night-1935

Gone with the Wind-1939

Slumdog Millionaire-2008

Brokeback Mountain+2005

La La Land-2016

Doctor Zhivago-1965

Moonstruck-1987

Sleepless in Seattle-1993

Moulin Rouge!-2001

If Beale Street Could Talk-2018

Love Actually-2003

Crazy Rich Asians-2018

Pretty Woman-1990

Love and Basketball-2000

The Princess Bride-1987

Beauty and the Beast-1991

Peggy Sue Got Married-1986

Dirty Dancing-1987

The Notebook-2004

Carol-2015

Roman Holiday-1953



#1s of the past  
1972(50yrs)

The French Connection- *Gene Hackman*

1981 (40yrs)

On Golden Pond- *Katharine Hepburn*  
1991 (30yrs)

Wayne's World -*Mike Myers*  
2001 (20yrs)

• John Q.- *Denzel Washington*  
2021 (1yr ago)

Tom & Jerry-

January 2022 (1 month)

Spider-Man: No Way Home - *Tom Holland*



# 31 Days of Self Love

# → LOVE →



# LOVE

- Day One** What is your biggest struggle with loving yourself?
- Day Two** Get rid of a limiting belief that you have about yourself or your abilities.
- Day Three** What good habit do you want to begin this month?
- Day Four** What is a compliment that you struggle to accept about yourself?
- Day Five** What is something you need to start saying 'yes' to?
- Day Six** What do you need to forgive yourself for?
- Day Seven** Name a thing you love about your body and your personality.
- Day Eight** Where in your life do you need to slow down & take your time?
- Day Nine** What's something in your life that you need to get rid of?
- Day Ten** How can you set better boundaries in your life?
- Day Eleven** How would you describe yourself in a loving way, to a stranger?
- Day Twelve** What things make you feel happy to be alive?
- Day Thirteen** Take a selfie. Just as you are. Find one thing to love about it.
- Day Fourteen** What would your younger self be proud of you for today?
- Day Fifteen** What are you afraid to ask for? What do you need to speak up about?
- Day Sixteen** What is the most loving thing you've ever done for yourself?
- Day Seventeen** When was the last time you indulged yourself and how?
- Day Eighteen** What's one change you can make to increase your happiness?
- Day Nineteen** How are you making the world a better place?
- Day Twenty** How can you give yourself a break today? [Mentally, physically, or emotionally.]
- Day Twenty-One** What's something you're working on believing that you deserve?
- Day Twenty-Two** What things make you feel bad, but you find yourself doing them anyway?
- Day Twenty-Three** What does your support system look like? How can you make it stronger?
- Day Twenty-Four** What's something you wish someone would say to you?
- Day Twenty-Five** What things are you really really good at?
- Day Twenty-Six** What parts of yourself are you ashamed of? What does your shadow self look like?
- Day Twenty-Seven** What's one choice you can make right now that your future self will thank you for?
- Day Twenty-Eight** Who are your role models and what qualities do you share with them?
- Day Twenty-Nine** What words or beliefs do you (want to) live your life by?
- Day Thirty** What labels (negative and positive) do you assign yourself?
- Day Thirty-One** Going forward, how can you commit to loving yourself every day?

