

“I honor the past, celebrate the present, and remain hopeful for a future shaped by justice and unity”



## My Gratitude Journal

DATE: \_\_\_\_\_.

What are you grateful for today?

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How will you practice self-care today?

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What are 3 things that make you feel proud of yourself?

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**“I’m thankful for the stories of liberation and the ongoing journey toward true equality.”**



What is your personal story of liberation?

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How do you want to show up to the world on your journey forward?

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