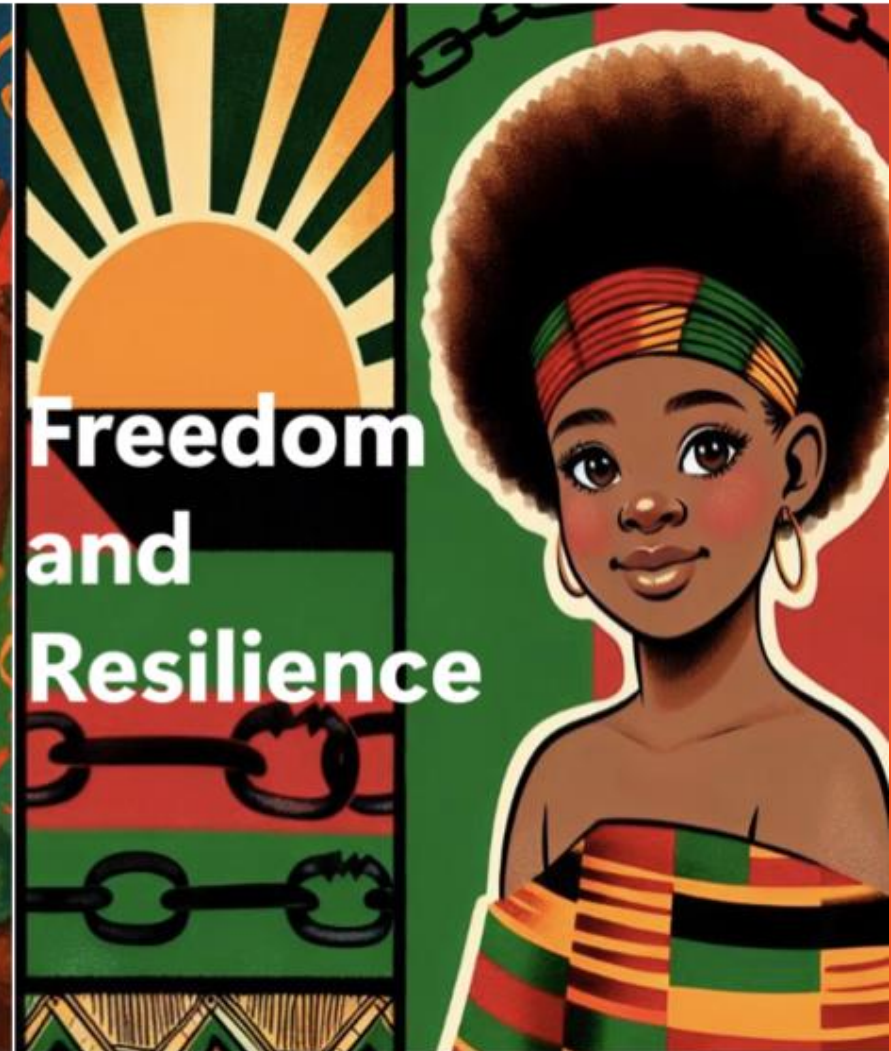


**"None of us are free
until we are ALL FREE"**



My Gratitude Journal

“Freedom delayed is not freedom denied; Juneteenth reminds us to Rise, Remember, & Rejoice”



DATE: _____.

Describe a time when you faced adversity/challenge then were able to RISE & overcome it. Remember how you felt & what actions you took to prevail

How will you practice self-care today?

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

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



What is your personal journey/story?

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



“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?

How will you practice self-care today?

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



"None of us are Free until we are All Free"



Describe a time when you faced adversity/challenge then were able to RISE & overcome it. Remember how you felt & what actions you took to prevail

