

HELLO

February

**New Journal Prompts
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FEBRUARY WEEK 1 JOURNAL PROMPT

What mistake do you find
hardest to forgive
yourself for?



PLEASE REMEMBER:

Your mistakes do NOT
define you



PLEASE REMEMBER:

Do not live in the past-
this is just an exercise to get
you thinking...



PLEASE REMEMBER:

We will unpack this topic
throughout the month.



PLEASE REMEMBER:

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