JOURNALING SISTERS

Butterfly Diaries

My Commitment to ME:

This week I commit to

_____.

I will remember:

I am precious.

My Dreams & Goals are crucial to pursue.

I Matter.

This I know in my heart.

Therefore, I commit to:

Making time, energy and space

for my Butterfly Diaries this week

And prioritize ME.

I will be gentle with myself, no matter what.

Signed, _____

date: _____

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June: RECHARGE

The start of the summer is a joyous time full of energy and excitement.
Let's dive into this month to recharge & create!

What are your top 2 priorities for the month?

1. _____ 2. _____

What are 2 ways you can recharge this month?

1. _____

2. _____

Schedule them into your calendar!

- DONE
- DONE

Reflection of the Week:

Where is it difficult for you to slow down and allow yourself to recharge? Do you remember any messages early on from adults close to you to not slow down? Or who modeled never slowing down?

_____

_____

_____

Inspirational Quote of the Week:

"Taking time to do Nothing, often puts everything into Perspective."

EQ of the Week:

"The natural emotional tone of a human being is zestful enjoyment of life."

1) Do you agree with this quote? Why or why not?
2) Did you notice times when you did not feel like that this week? It's totally fine if you did. Things happen. Life happens. Write about what happened. Set a timer for 3 min and let yourself feel the 'not zestful' feeling fully.

Puzzle of the Week:

What is on your mind this week? Is there a dilemma you have been trying to sort out? Do you need to weigh the pros/cons? Write about what you're feeling conflicted or torn about. You can continue writing in your own journal if you need. This is also the perfect thing to bring to the JS community online!