

Sheet 009

GROUP 1

Write about shopping, buying, or owning things.

Gratitude. What are you thankful for recently? Or — where do you want to be grateful but find it is a struggle?

GROUP 2

Imagine and write about the best version of your life five years from now.

Think about some negative words someone has said about you. Write a letter to yourself—to tell yourself that you do not (or will not) give those words power over you any longer.

