

Sheet 021

WRITING 1

Write about food, beverages, diets, meals, or anything consumable.

What is one of your regular habits or routines that is positive?

Share about a movie, show, song, album, or book that you've enjoyed recently.

WRITING 2

Write about anything from the last four weeks.

Sometimes everything just feels hard. Write about choosing to stay positive.

Write about the cold.

WRITING 3

What's on the horizon for you this year? What do you want to be on the horizon?

Think of someone whose life has impacted you. Write them a thank you letter.

What's something that you've never understood or just doesn't make sense to you why other people like it. Write about that thing.

