



GET CURIOUS

Journal prompts for self-discovery

FREE RESOURCE



TYSAH
Treat Your Self And Heal

The background of the page is a light cream color, decorated with various green line-art outlines of leaves and plants. Some leaves are large and detailed, while others are smaller and simpler. The overall aesthetic is clean, natural, and calming.

Affirmations

I gift myself the opportunity to learn, grow, and transform by stepping outside my comfort zone

I will not entertain thoughts and ideas that do not help me on my journey

I trust myself

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I show up for myself and my community

My mind, body, and soul need and are worthy of rest

Sitting with myself is an honor

I lean on community to recharge

I will hold myself accountable while giving myself grace