





THE JOURNAL *of me* CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 What did you want to be when you grew up?	2 What's your best birthday memory of childhood?	3 Who was your favourite relative?	4 Describe a childhood home.	5 Write down your most treasured holiday memory.	6 Who were your primary school friends?	7 What did you do after school each day?
8 What do you love about yourself?	9 What are you thankful for?	10 List ten things that make you happy.	11 What are you most proud of?	12 Have you ever inspired someone else?	13 What makes you feel empowered?	14 Describe your most unique trait.
15 What advice would you give your younger self?	16 What do you do when you feel stressed?	17 Name something you want to improve.	18 What is the scariest thing you've ever done?	19 What do others admire about you?	20 Describe a time you learned a lesson the hard way.	21 Are you holding onto something that you can let go?
22 If you had no fear, what would you do?	23 Would you be able to choose courage over comfort?	24 How do you plan to overcome one of your challenges?	25 What could you do to bring goodness to the world?	26 Who would you like to emulate?	27 What is your intuition telling you to do?	28 Describe your loftiest goal.
29 What barrier can you break down?	30 What are your plans for tomorrow?	 <p>mindful.sodexo.com</p> <p>      </p>				

