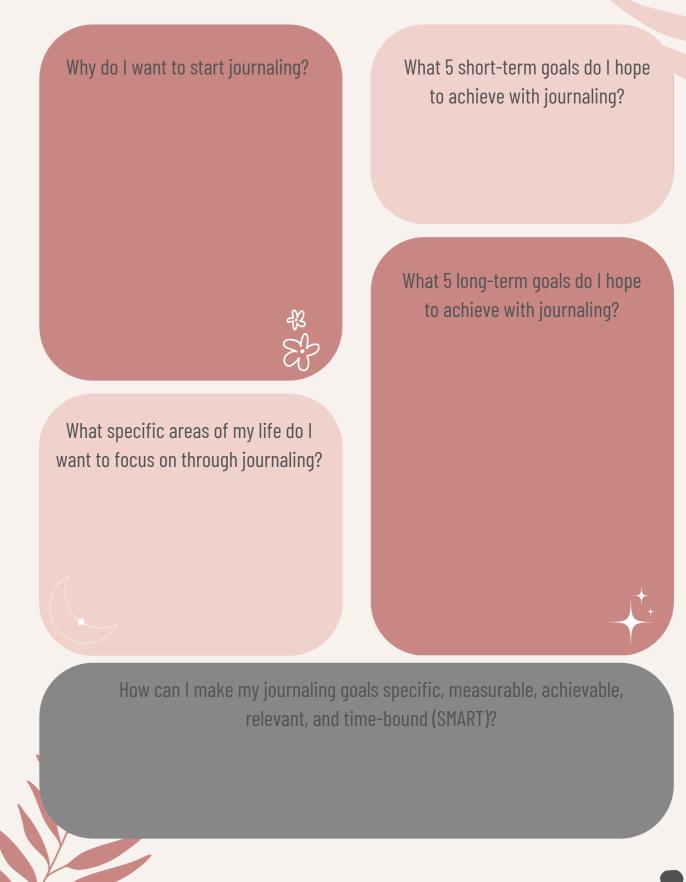


## SETTING GOALS



bySTAMINA

## • CREATING JOURNAL PAGES

What aspects of my life do I want to document and explore in my journal? How often should I review and adapt my journal pages to reflect my evolving journey?

What creative techniques do l enjoy using to express myself?

What recurring themes or patterns do I want to track and reflect upon?

The pages I will include are:

