**Answer the following journal prompts about yourself in complete sentences. Your answer for each should be at least two paragraphs.**

**Use proper grammar and sentence structure in your writing.**

 **Journaling Prompts:**

1. What do I know to be true that I didn’t know a year ago?
2. What distractions get in the way of being my most productive?
3. When do I feel most in tune with myself?
4. If someone described me, what would they say?
5. How does every part of my body feel in *this* moment?
6. When I look in the mirror, what do I see?
7. What are the things in my home that are the most “me”?
8. What am I doing right now to better myself?
9. What is your favorite positive quote/ saying and why?
10. Write down an entire list of what you are worried about. Star the items that you know are 100% true and not solely a feeling. Then write and assess your current situation.

**I hope you take something away from this time of distancing and learn some things about yourselves. Stay Safe!**

-Mr. White