

# March Journal Prompts

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1. Identify a colour for each of the following emotions:

Happiness, Fear, Excitement, Worry, Loneliness

2. What scenarios make you feel defensive and why

3. Write about a time you felt offended

4. How have you developed/grown over the last couple of months?

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"When we learn to accept our truth,  
we become at one with our true self"



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