

May Journal Prompts

1. What qualities do you rate in other people and why
 2. What similarities to these qualities do you have or how could you develop them?
 3. What qualities about yourself do you like and why
 4. What would you need to change in order to become more of the person you want to be?
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"Becoming who we are meant to be
may be more about unlearning what we've been told to be"



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