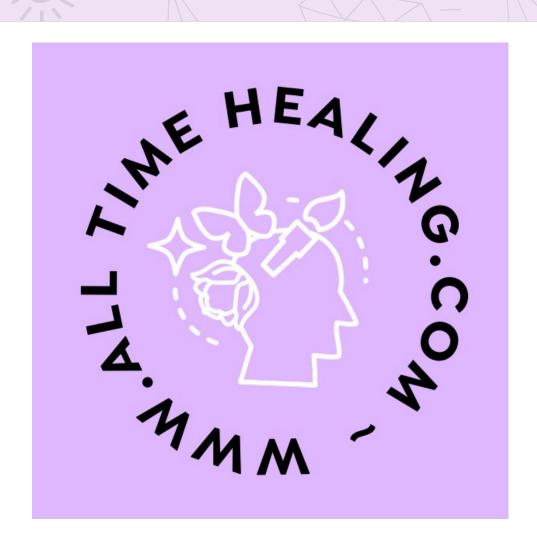
Worksheet



Use these pages as prompts for writing in your journals!

Write To Heal

Present Self Needs, Wishes, Goals

Past Self MindMap

Future Self MindMap

How connected do you feel to your Inner World?

How connected do you feel to your Outer World