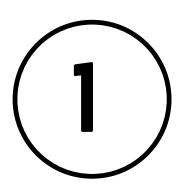


days of pause

TAKING PAUSE Each day consists of a journal prompt and activity



Journal prompt: When I experience adversity and defeat, how do I talk to myself about it?





Journal prompt: Who is someone who consistently makes you feel good after you talk with them?



