#### Let Your Mind

#### Run Free



Often times are minds are all over the place

What a great opportunity to capture your ideas!

But you must learn to focus and harness it.

Spend no more 1. than 5 minutes on one letter/question

2. You can just answer the questions or write a poem or drawing!

#### BE AS CREATIVE AS YOU WANT 2B!!!

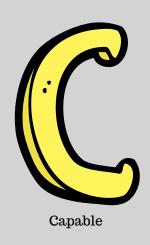


### Write down three things you absolutely believe in? (Tooth fairy, yourself, etc)

absolutely



### Write down three people who believe in you. How do you know?



# Write down three things you used to think you weren't capable of doing before, but now you are good at!


### Write down three things you are looking forward to Doing this coming week!

Doing		



### Write down everything you can remember that made you laugh in the last week!

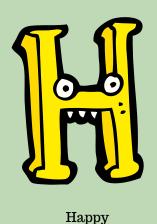
Everything



### Write down three of your favorite activities. Why do they bring you joy?

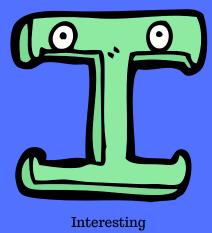


### If you got to go any three places next year where would they be and why?



### What things made you really really happy in the last month? Why? How did you know?

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### What do you find interesting in life? Why? How has that changed as you've aged?




### What do you like to do that is just for you that makes you smile?

Jus



#### Who are the kindest people you know?

Kind		



### If time and money were no object what would you learn to do?

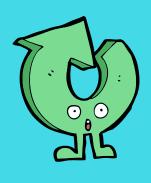


#### What is something you like to make in your free time?

Make



#### What are the first things people notice about you?



### If you could make any places open 24 hours a day which ones would they be and why?

oper



Have you ever done something mean on purpose and regretted it later?
How did you make things right? If you didn't, what would you do if you could go back?

Р	urpose	



#### What do you like to do when you have some peace and quiet time?

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# What is something you really really really don't like to do, but do anyway? How do you get through it? What strategies do you used?



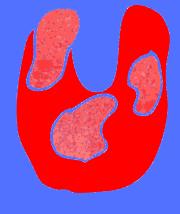
#### What is your super power that guides you through life?

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#### What are your favorite things to eat? To do? To make? To play?

To



#### What is something in the world you wish you understood?

Understood	



#### What is your very very very favorite friend? Holiday? Family food?

very very very			



### What do you like to do in your free time? With your best friends? With your family?

What	



#### Make up some words that start with x. What do they mean?

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# What makes you, you? Write all the unique and wonderful things down that people would say about you. I don't know isn't an option.



Life is often a zig zag of what ever comes our way. What strengths do you possess that help you manage the zig and zags that life presents?

zig zag