

Free Indeed!

Free Indeed! Journal Entry #1

this journal entry is designed to be a simple tool for those enrolled in the Free Indeed! Online Course. This is strictly for your personal use. No-one will ever ask you to share from your journal entries. The fb group (*Free Indeed!* Community) discussion for those who would like to share, but you will never be asked nor required to do so

My name is _____ and I am _____ years old.

I enrolled in the *Free Indeed!* Online Course because _____

Addiction and/or depression has impacted my life in the following ways:

Addiction and/or depression began impacting my life when:

I feel powerless against the addictions and/or depression that impact my life when:

I am hopeful to gain the following from the *Free Indeed!* Online course:

Personal Thoughts:
