



finding encouragement

We can find comfort and encouragement from many places—a completed project, a compliment from a friend, a kind look in the mirror at the end of a long day. It's important to recognize all the ways support comes to us—and to honor each one. If we can gently hold these experiences in our minds and in our hearts, they can become tokens of love for us to revisit whenever we need them.

Where in your life have you received encouragement? Are there certain people who have supported you? Who are they and what do they offer?

What are areas in your life where you would like more support?

Why are these areas meaningful to you?



Date / /

How am I feeling in this moment?

What was meaningful for me today?

*To accomplish great things we must not only act,
but also dream; not only plan, but also believe.*

ANATOLE FRANCE