



Hand

letter a

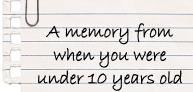


Illustrate with a photo, image, or sketch

Make a trash collage









Travel your neighborhood and journal it

0000000 Draw or photograph a holiday outfit you love









On your page, include:

Something lacey Something with stripes Something from the kitchen Something historic

A photo of today's sunrise and/or Sunset.



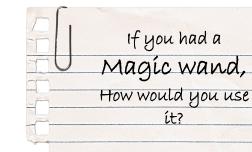


What three actions would improve your well being?

Include in a collage, something: red grid vintage Gift fabric







Currently: Reading: Watching: Eating:

Journal
your day

A favorite



A set or

Holiday destination



grouping memories

legacy

The history of an ornament on your tree

A sentimental possession

Year in Review What made you smile today?