

TRANSFORMATION BY DESIGN

elevating leadership with purpose

BLOSSOM AND THRIVE: A SPRING JOURNAL FOR CELEBRATING SELF AND OTHERS SPRING MINI JOURNAL

Reflect on a recent achievement or milestone. How date:did it make you feel and what did you learn from the experience?



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"The more you praise and celebrate your life, the more there is in life to celebrate" -Oprah Winfrey	date:

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Write about someone who has had a positive on your life. What qualities do you admire mo them and how have they inspired you?	st about
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"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishmed -Ralph Waldo Emerson	nt."



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List at least three personal strengths or qualities that	
you love about yourself. For each strength, note a recent in where it helped you or made a positive impact on others.	instance



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When we feel love and kindness toward other	
only makes others feel loved and cared for, but	t it helps us also to
develop inner happiness and peace." Dalai Lama	



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Reflect on a moment from the past year where felt you grew personally or professionally. Whend who were the people who supported you about how this growth has influenced your sel	at was the situation, through this? Write f-perception.
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"Success isn't about how much money you make; t's about the difference you make in people's lives." -Michelle Obama	date:



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Envision where you want to be in the next year. What qualities do you want to develop or strengthen in How can you use these qualities to uplift and support to you? Write about your plan to achieve this vision.	•



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'No act of kindness, no matter how small, is ever wasted." •Aesop	date:
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Reflect on a time when someone supported or encouraged you during a difficult period. Write about ho their kindness impacted you and how you can celebrate your life.	



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"Celebrate what you've accomplished, but raise t a little higher each time you succeed." - Mia Hamm	
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Consider a moment when you showed kindness on towards yourself. How can you celeb continue to prioritize self-care and self-compassi routines?	rate and



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'How you love yourself is how you teach others to love you." ·Rupi Kaur	date:



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Think about a hobby or interest that brings you joy. How can you celebrate and integrate more of this pa	
nto your life, allowing yourself to experience greater creativity?	
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