

*There is nothing quite like getting snail mail.*

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Make a list of the people who would enjoy getting a letter from you and include their addresses. Work through the list and check off each person you sent mail to.

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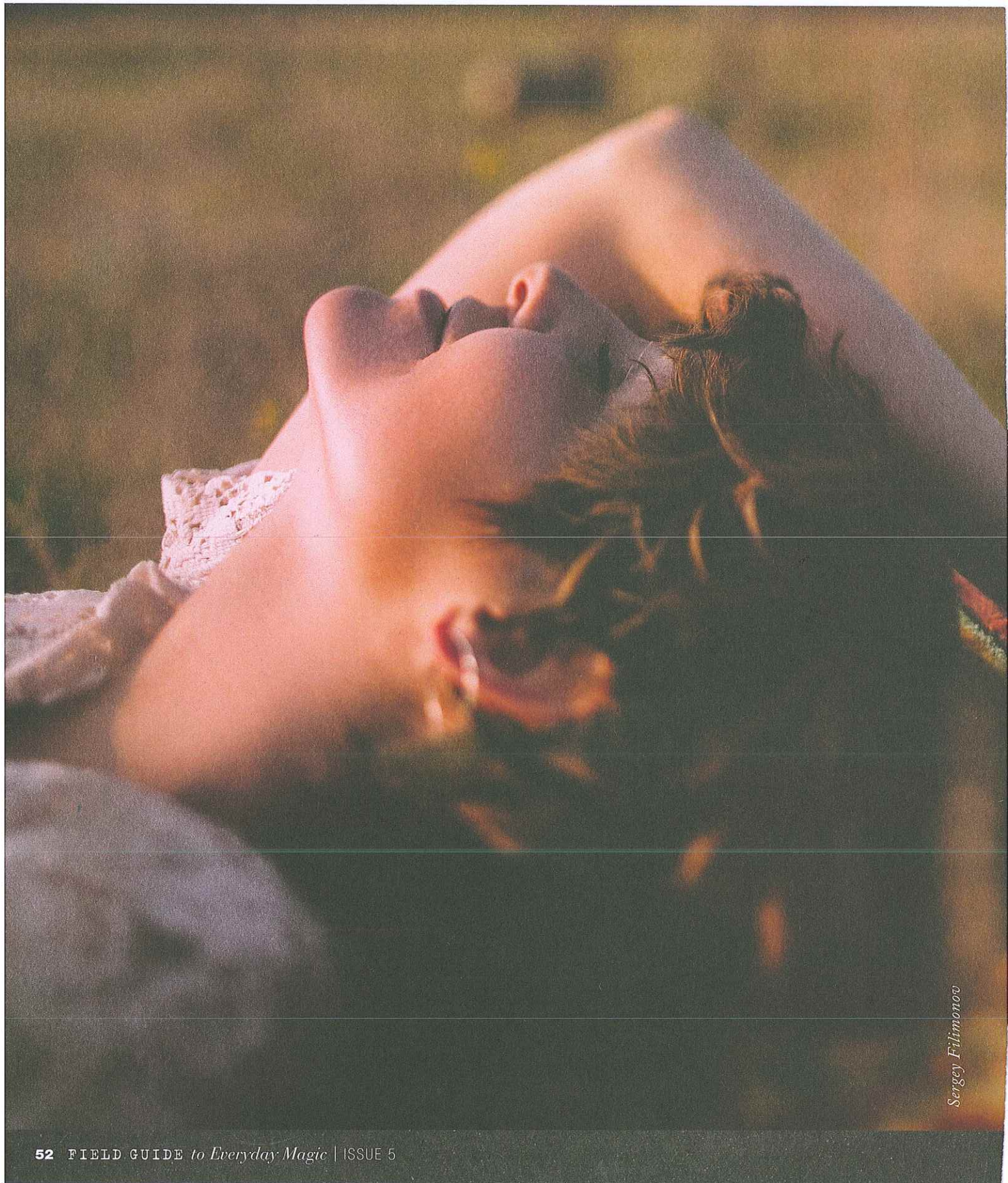
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*Sergey Filimonov*



It's perfectly okay to think of yourself as a work in progress. However, there are some things about you that are perfect just the way they are.

What things do you NOT want to change about yourself?





“I want to get into my  
car and *drive until I*  
*find what I'm*  
*looking for.* Maybe  
it's purpose or maybe  
it's *a new start,* or  
maybe it's just a sky with  
unclouded stars.”

— R.I.D.



*Evan Dalen*

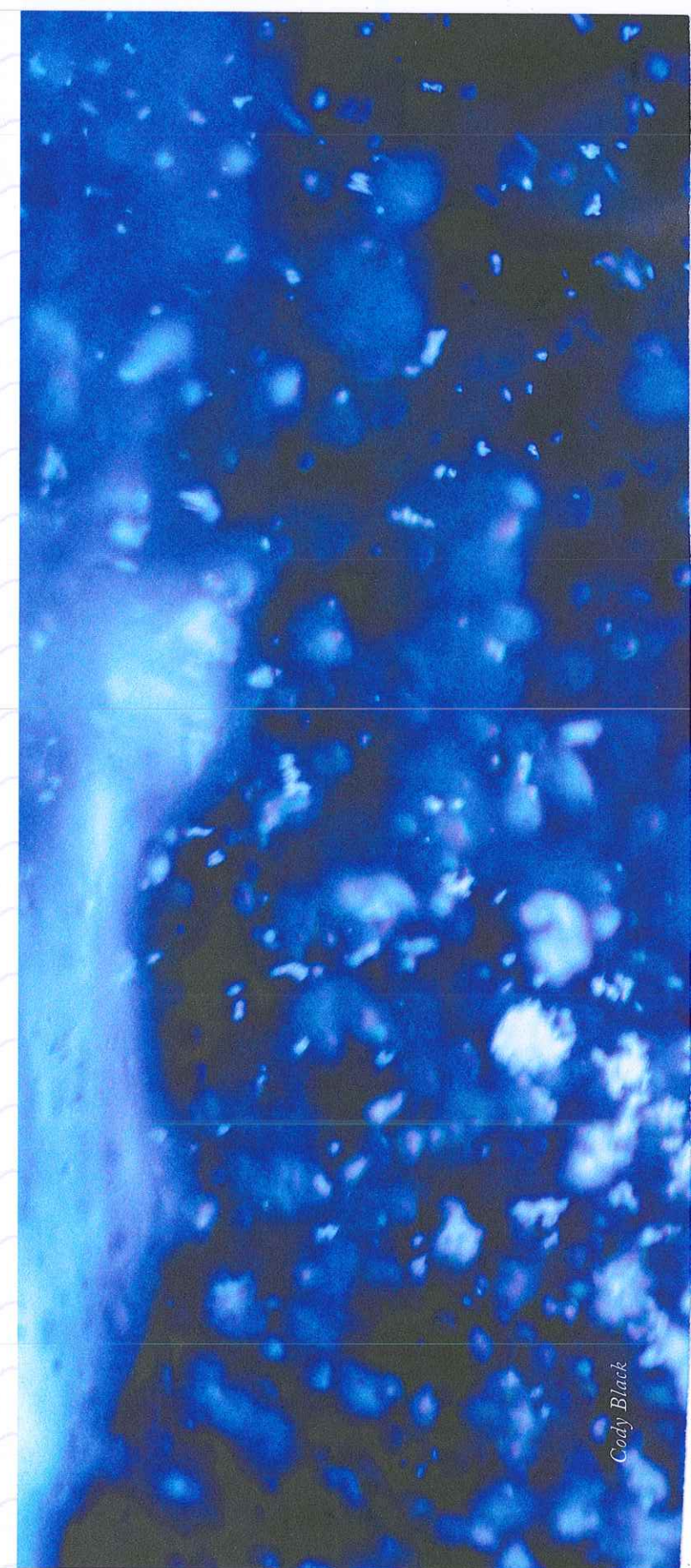


Who are the childhood friends you  
still think of? What are some of your  
favorite memories with them?



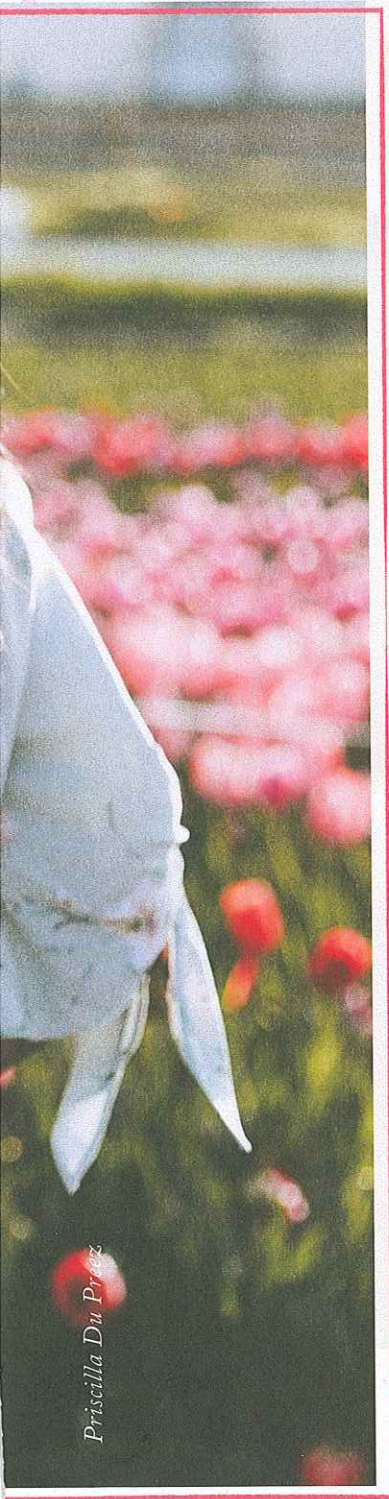


We should *celebrate the seasons*  
while we're in them, rather than  
*yearning for the next one.*  
How do you *celebrate winter?*



*Cody Black*





Priscilla Du Prez

Who are you

*most grateful*

for right now? List them all and  
write why you appreciate them.





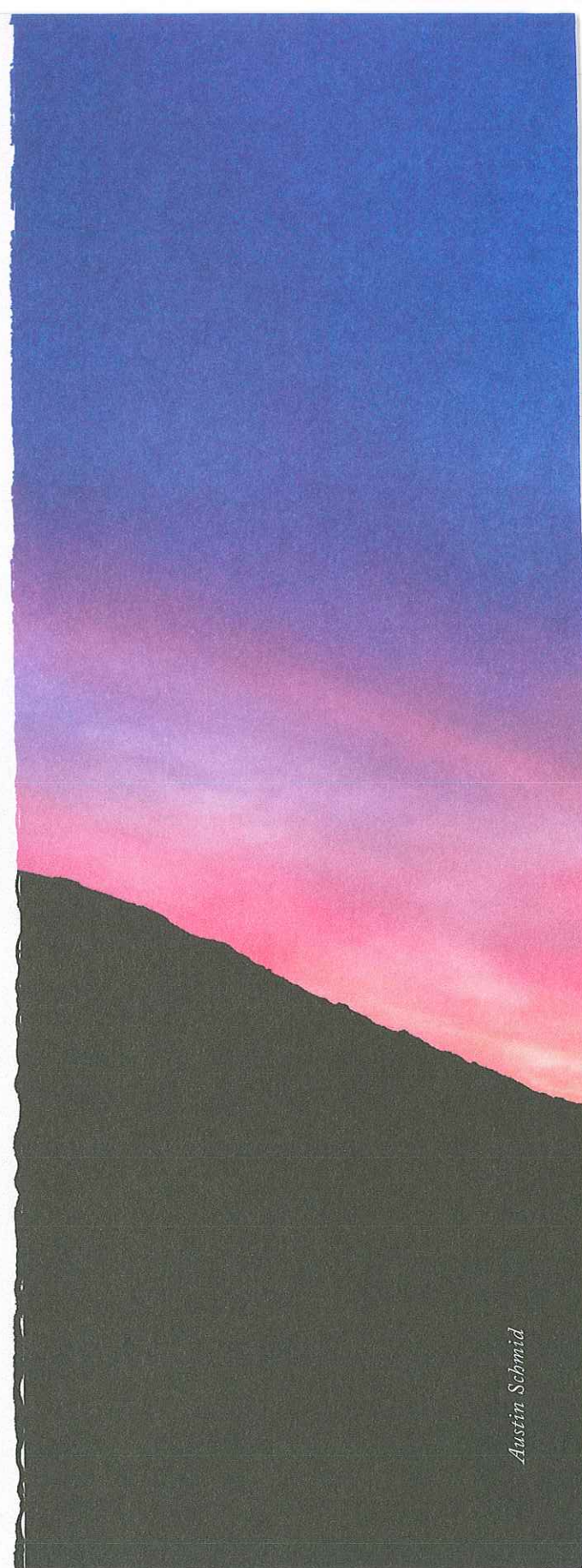
WHAT ARE SOME OF THE  
*small gestures of kindness*  
YOU'VE RECEIVED THAT HAVE  
STUCK WITH YOU THE MOST?



WHAT'S ONE THING YOU'VE

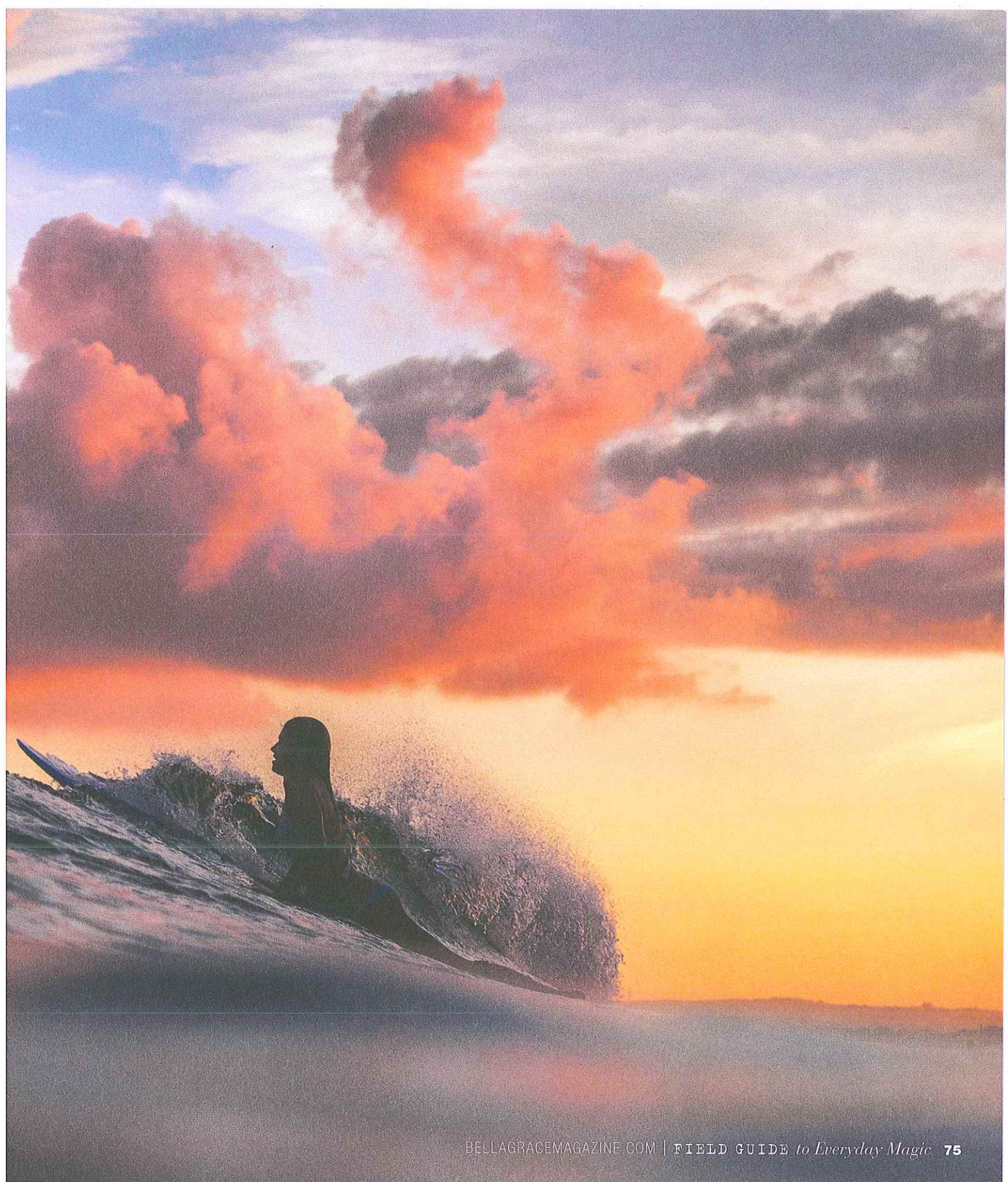
*happily said yes*

TO LATELY? WHAT  
HAPPENED BECAUSE OF IT?



*Austin Schmid*







When someone asks for recommendations, many of us have a set of **go-to items**. What are your **never-fail recommendations** for:

A feel-good movie:

A book to get lost in:

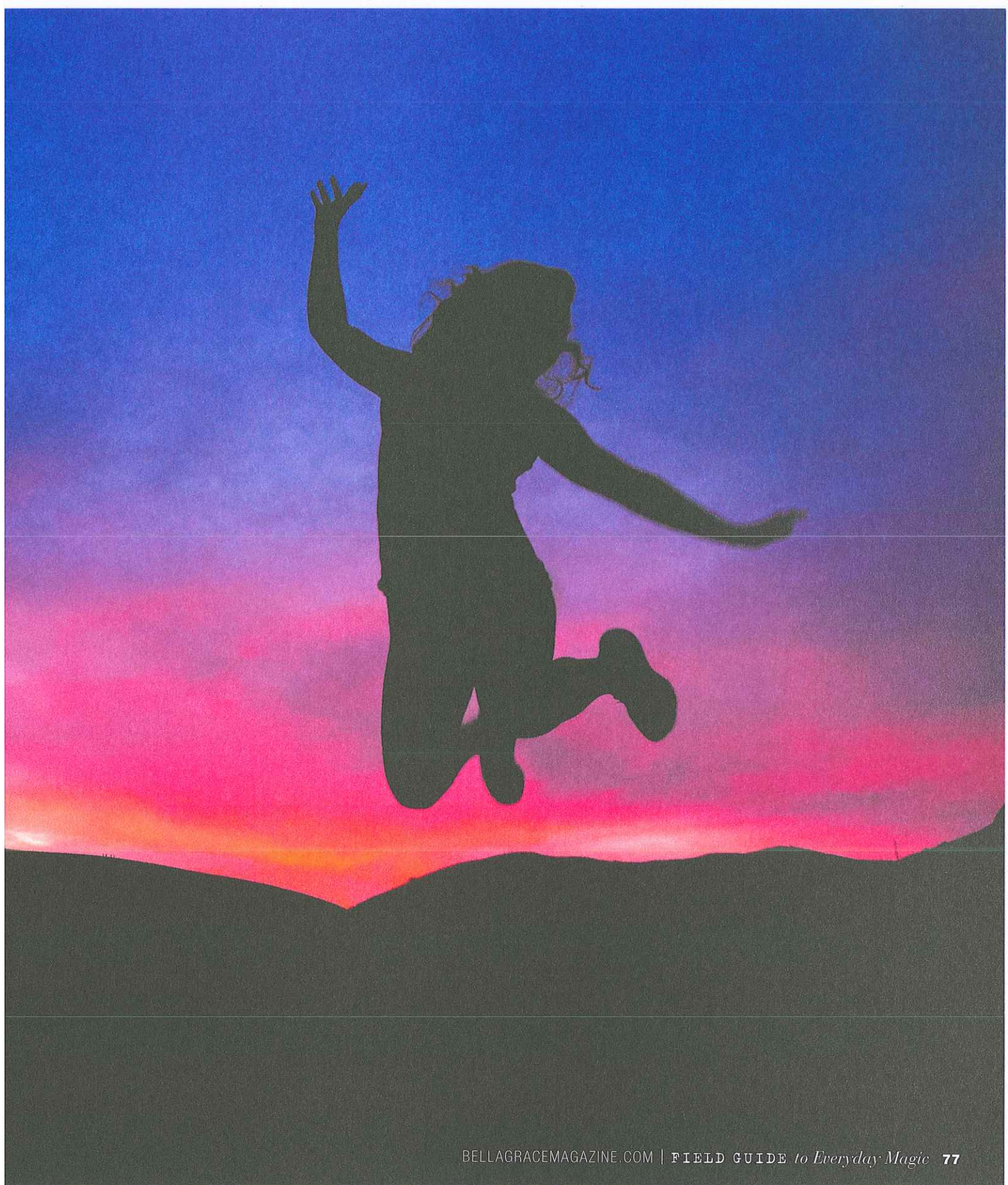
A delicious recipe:

A warm and welcoming restaurant:

A binge-worthy TV show:









WHAT *tiny things* ARE  
*beautiful* TO YOU?

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When was the *last time*  
you tried something for  
the *first time*?



*Life is ever-changing.*

CURRENTLY, WHAT ARE  
YOUR MAIN SOURCES FOR:

*Inspiration*

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LOVE

*Laughter*

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*Comfort*

STRENGTH

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UNDERSTANDING

*Joy*

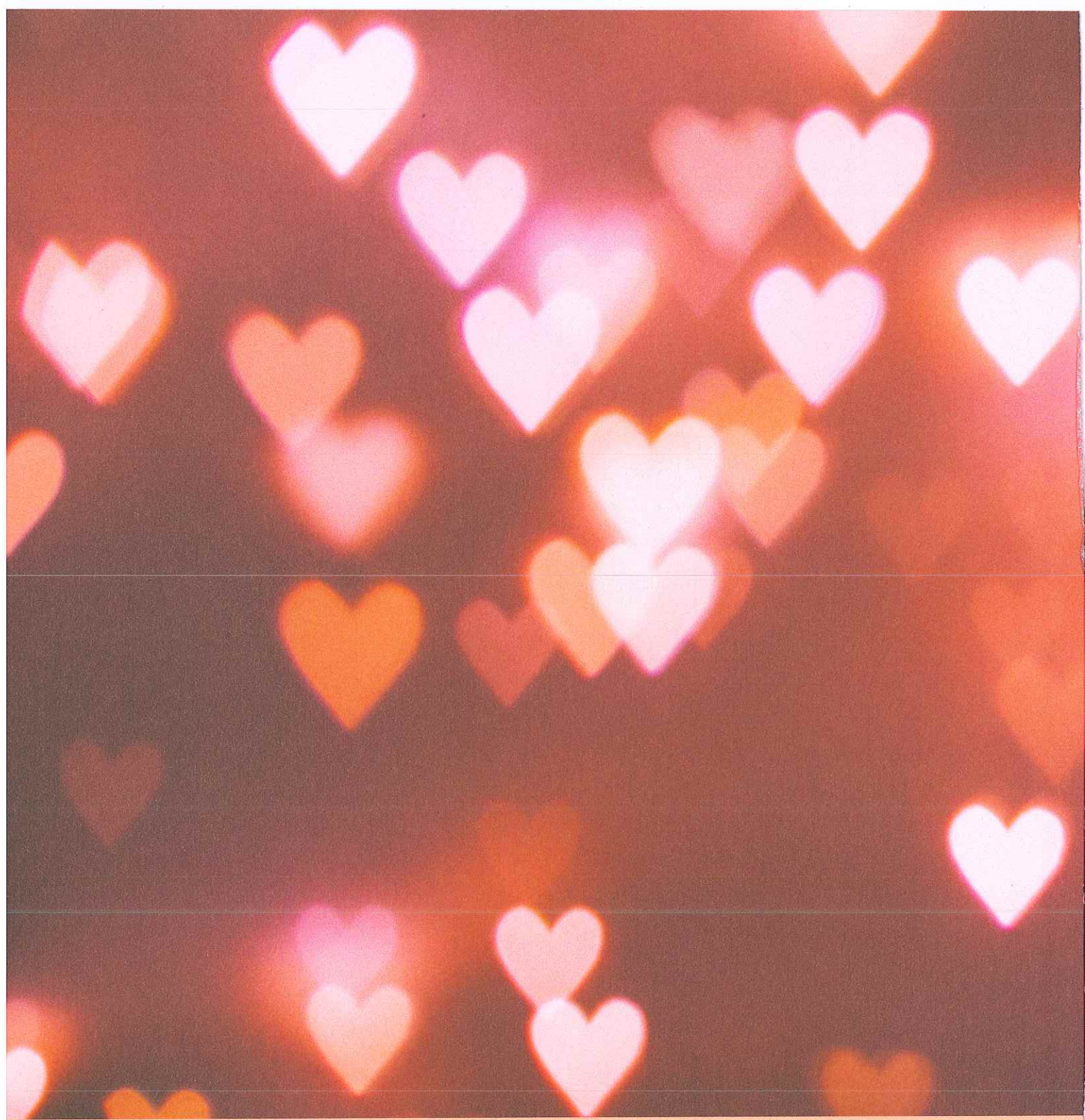
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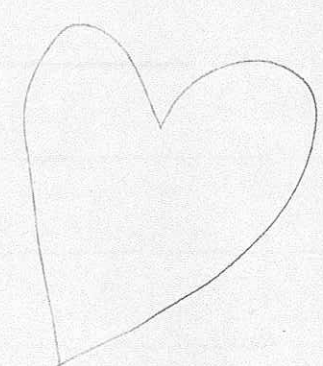
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THINK OF ALL THE PEOPLE YOU  
LOOK UP TO. WHAT TRAITS DO THEY  
ALL SEEM TO HAVE IN COMMON?









What is your favorite way  
to spend time outside?





With the start of a new year, people often make lofty goals. What about the little things you've always wanted to do, like bake a pie from scratch or sing karaoke?

*Make a list of all the little things you want to do in the coming year.*





What is something you've  
been holding on to that

*it's time to let go of?*



*Artsy Vibes*