

Show Up! Free Write

[illegible]

I am grateful for:

Show Up! Projects

1 _____

2 _____

3 _____

Affirmation: _____

Affirmation: _____

Power Words:

Project: _____

☐ _____

☐ _____

☐ _____

Project: _____

☐ _____

☐ _____

☐ _____

Project: _____

☐ _____

☐ _____

☐ _____

Check in: _____

Today's \o/