Letters from the Rebuild #5
Reflection Journal

What do you say to yourself when you're stuck, frozen, or foggy?
hat are the phrases you say to yourself when you feel unproductive or shut down?
Who do you wish would say, "I'm proud of you"-and what would you want them to see?
What could you say instead-if you spoke to yourself like someone you loved?
What small action can you take today that reminds you you're still moving?