

Recipe For

Writing in a Journal

Master Chef Mantra: write more, relax more

Directions

- Get a notebook - get a notebook or journal with colors or designs you enjoy!
- Think about gratitude - write down all the things you are grateful for
- Write letters - write letters to friends, loved ones, or yourself!
- Get creative - try writing a story or a poem; it can be serious or silly!
- Write down goals - what are your goals for the day? The week? The year?
- Write what you see - what do you notice about your surroundings?