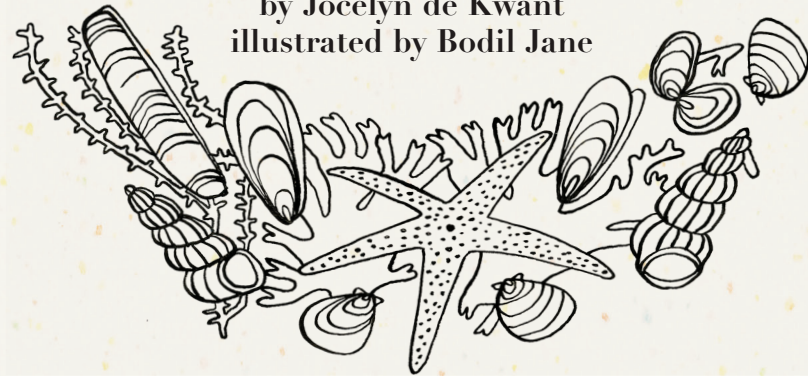




FILL-IN LISTS

by Jocelyn de Kwant
illustrated by Bodil Jane

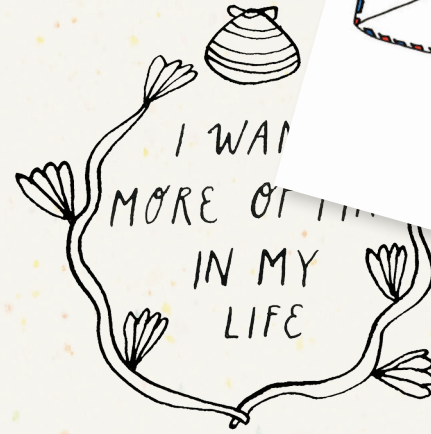


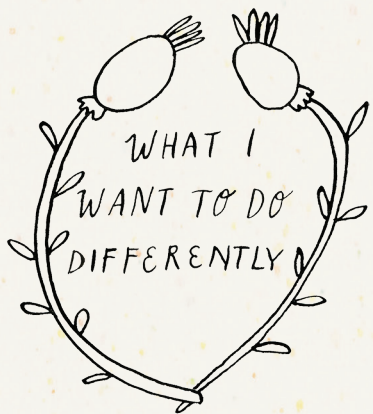
“The significance of a man is not in what he attains,
but rather [in] what he longs to attain,” wrote Kahlil Gibran.

In other words, it's important to have goals,
whether or not we reach all of them.

A good way to keep track of these goals is by making lists. Not only are they a visual record of your thoughts and feelings at a certain point in time, but they're easy to do—you don't have to write complete sentences or make sure your grammar is perfect. It's more about

expressing yourself on the page through words, doodles, color, or anything else you want to incorporate. Spend some time thinking about the prompts, and then write your lists. Once you've filled in (and colored) these pages, revisit them again in three months to see what has changed.

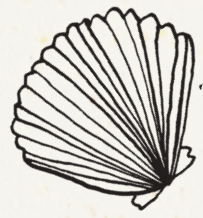




INSTEAD OF ASKING FOR THINGS, YOU COULD ALSO ASK FOR LITTLE MOMENTS OR FOR HELP WITH SOMETHING. (FOR EXAMPLE, YOU MIGHT WANT TO HAVE A CERTAIN LUNCH DATE OR SOME HELP WITH PAINTING YOUR STAIRS.)



Note: Research shows that it's far easier to replace an old habit with a new habit.



Wishes



Plans



Dreams

