

Suggested Topics for Artistic Expression or Journaling

"What Needs to	"Paradise"	"If I Ruled the	"A Dream Come
Be Said"		World"	True"
"Freedom"	"My Own Planet"	"Beyond What We Can See"	"A Moment of Happiness"
"Finally Letting	"I Have	"My Gift to the	"Past and Future
Go"	Conquered!"	World"	Self"
"Me as a	"Breaking	"My Gratitude	"A Window into
Superhero"	Through"	List"	my Mind"
"What's Good (In	"What Is in My	"Taking off the	"Nothing But the
Life)"	Heart"	Mask"	Truth"
"My Imaginary	"Changing for	"Inner Strength"	"Digging
Safe Place"	Good"		Deeper"
"My Vision of the Future"	"Who I Have Become Today"	"Facing Fears"	"Winning!"
"Peace"	"Hope"	"Beating the Odds"	"What Matters Most"
"My Dreams"	"A Peek into My	"Unforgettable	"What Makes Me
	Mind"	Moment"	Smile"
"Finally Healing"	"Rising From the Ashes"	"What I Love About Life"	"The Real Me"
"What Love is"	"Taking Out the Trash in Life"	"Climbing the Mountain"	"The Success that Awaits Me"