

Journaling Activity



Do you have something in your life that seems to control you more than you control it? This doesn't even have to be an internal struggle. Maybe an elderly parent or disabled child commands your time and energy. Maybe a deadline for your job demands you devote every waking hour to it.

"You Were Born to Be Real, Not Perfect"

- Unknown -



What GOOD advice have you been given that you refuse to take? Why have you not taken that advice? What do you think might happen if you try to do as someone recommended?

Time Converse