



My Journey: Mountains & Valleys



Every journey has its highs and lows. This is your space to express the challenges you've faced and the low points you've been through. Be honest. Be real. This is for YOU.



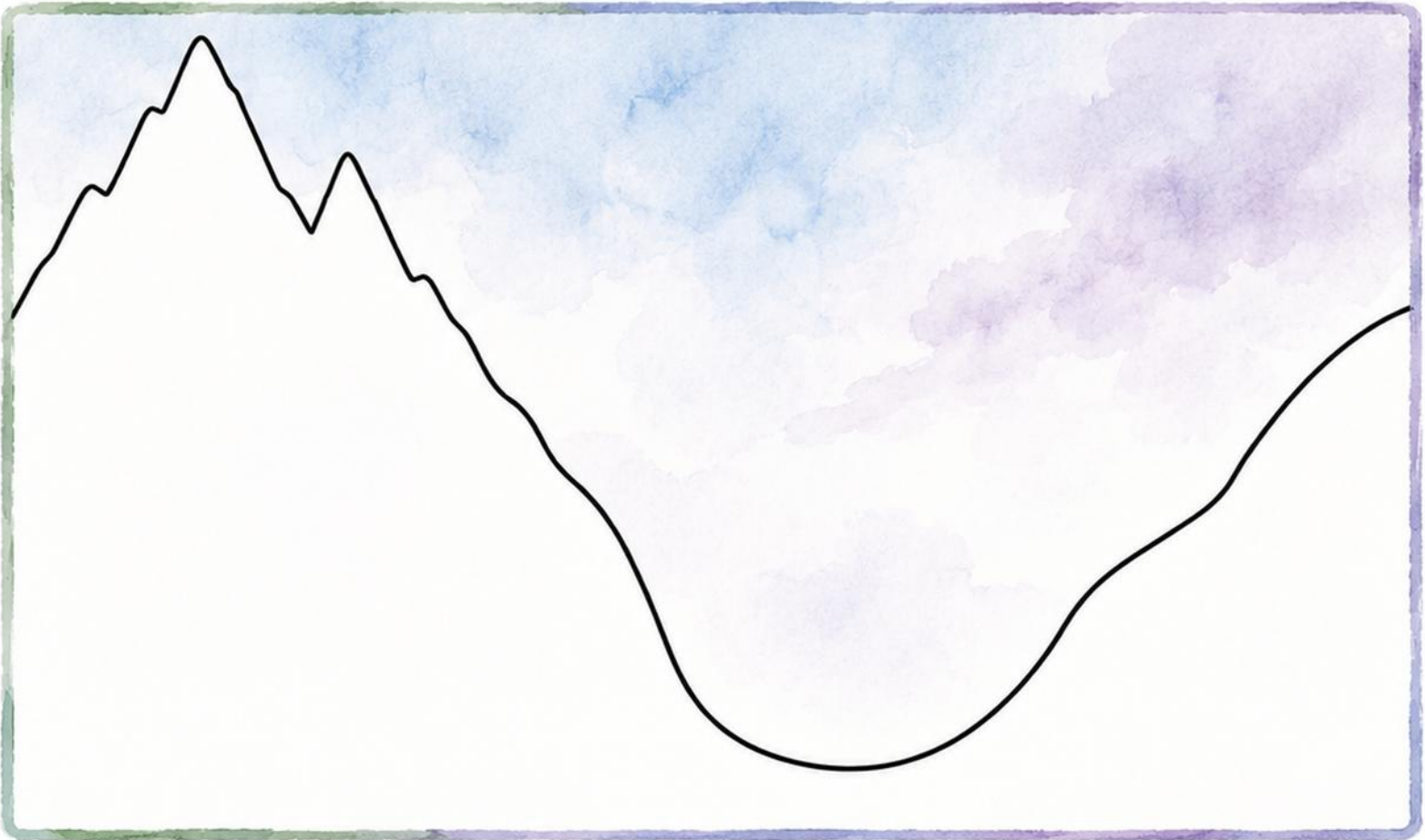
THE MOUNTAIN: My Challenges

The mountain represents the challenges, obstacles, and hard things you have faced on your journey. What have you had to climb over or overcome?



THE VALLEY: My Low Points


The valley represents the low points, dark times, and moments that felt heavy or overwhelming. Where have you felt the lowest on this journey?




DIRECTIONS: Paint or draw your mountain and valley using any colors that represent your journey. Use colors, shapes, and symbols that speak to you. Let your art tell your story.

REFLECTION


What are some of the challenges represented in your mountain?



What are some of the low points represented in your valley?



What have you learned from this journey?



You are stronger than your hardest days and braver than you know.

