

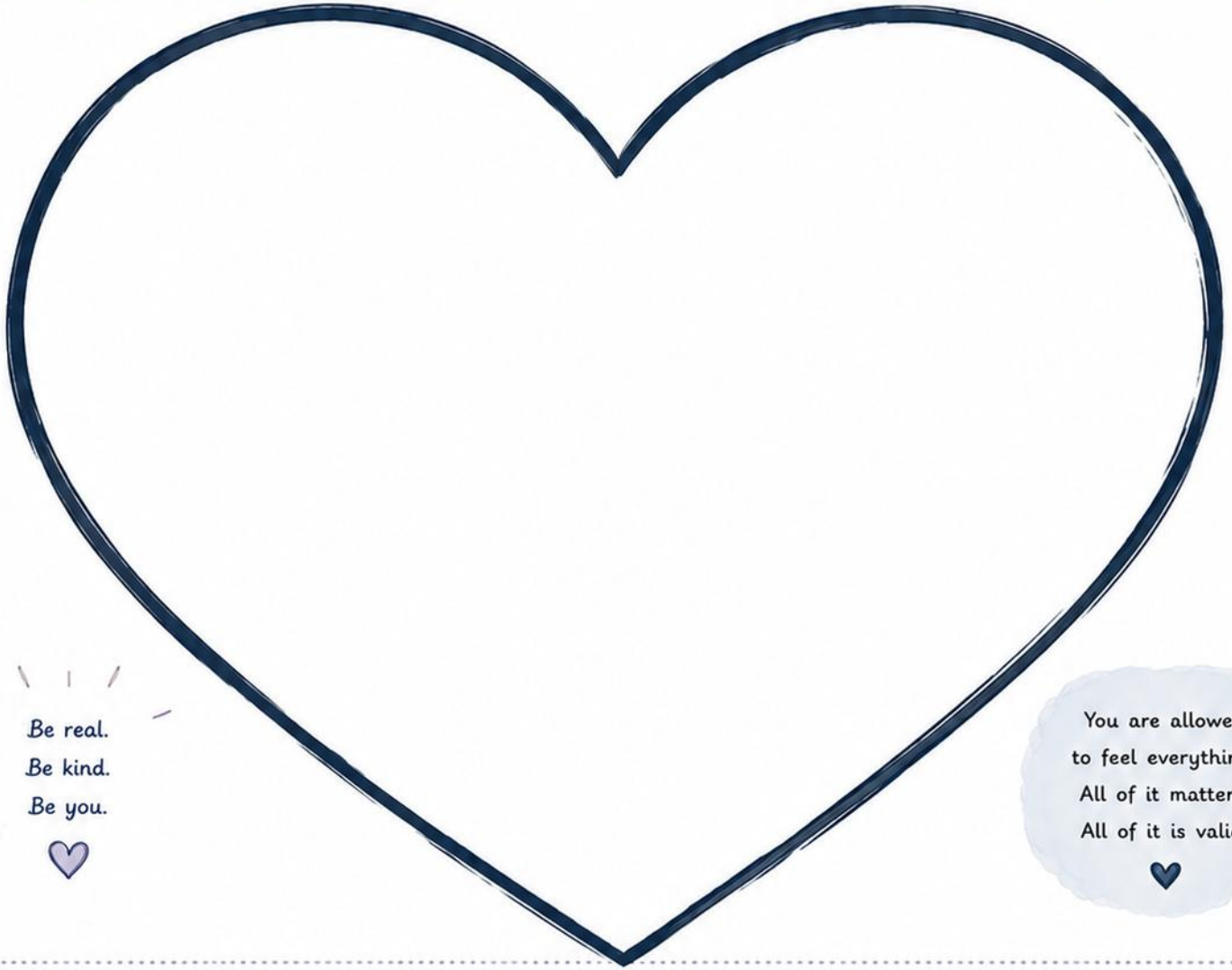
My Honest Heart

A SPACE FOR ALL OF ME

This is your space to be completely honest—with yourself. Inside the heart, write or draw all of your feelings, thoughts, hopes, and fears. There are no right or wrong answers.

This is for you. This is real. This is enough.

Fill this heart with:  Feelings  Thoughts  Hopes  Fears



Be real.
Be kind.
Be you.



You are allowed
to feel everything.
All of it matters.
All of it is valid.



Reflection

After filling your heart, take a moment to reflect.

 What did I notice about what I put in my heart? _____

 What feelings or thoughts surprised me? _____

 What do I need most right now? _____