



Ep 4: Dear Diary: The Joy Of Journaling

What would you love to tell your 16 year old self? What wise words of advice do you have your younger YOU?

Dearest _____

What would you like to say to your own teenager or a niece or nephew?
What would you most like them to know?

Dearest _____

Imagine what your future, 80 year old self, would love to tell you right now. Any sage words of wisdom for you current _____ year old self?

Dearest _____

Express gratitude for something in your life that you would have dreamed of before, which is now your reality, that you haven't expressed deep appreciate for lately. Go in details about why you're grateful. Feel it in your heart. ❤️

Thank you, thank you, thank you for

Identify a current challenge in your life. What are you trying to solve in your head? Put it to paper below, then turn the page over and have a braindump about it to see if any ideas or solutions come forth.



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To find out more about my 4-week **High Vibe Journey** programme, go to www.myprojectme.com/high-vibe-journey

If you haven't yet got the free **Project Me Life Wheel®** head to www.myprojectme.com

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of autopilot and consciously creating their lives.

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