

# 10 MINUTES TO LET YOUR MIND WANDER (WHO KNOWS WHERE IT MIGHT LEAD?)

\_\_\_\_\_ Date: \_\_\_\_\_

Three things that  
might feel impossible at  
first, but aren't:

Lightning round:  
word association.

cake

lake

take

fake

make

One place you keep  
important things:

\_\_\_\_\_

One place you record  
your memories:

\_\_\_\_\_

One place you go when  
you need peace & quiet:

\_\_\_\_\_

One place away from  
home that feels like home:

\_\_\_\_\_

One task you're  
quite happy to do over  
and over again:

One subject you know a lot about:

\_\_\_\_\_

One fascinating thing about that subject: .

10 minute journal page