

THE VIRUS:
FEAR ANTIDOTE

*Personal
Development*
JOURNAL



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COLLECTION

What do you want people to remember most about you?



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COLLECTION

"When we are no longer able to change a situation, we are
challenged to change ourselves."

- Viktor E. Frankl



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Affirmation: Personal Growth Is Important to Me.



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"You don't always need to plan. Sometimes you just need to breathe, trust, let go, and see what happens."

- Mandy Hale



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Affirmation: I feel a deep sense of power and possibility within myself.



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Prompt: Define the following: Courage. Faith, Joy, Love, Success. Truth. Wisdom



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COLLECTION