

THE VIRUS:
FEAR ANTIDOTE

*Personal
Development*
JOURNAL



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COLLECTION

What do you want people to remember most about you?



A series of horizontal dashed lines for writing.

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Handwriting practice lines consisting of 20 horizontal dashed lines.

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COLLECTION

Handwriting practice lines consisting of 20 horizontal dashed lines.

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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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Handwriting practice lines consisting of 20 horizontal dashed lines.

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Affirmation: Personal Growth Is Important to Me.



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Handwriting practice lines consisting of 20 sets of dashed lines on a light gray background, each set preceded by a small gray dot.

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"He who has a why to live can bear almost any how."
- Fredrick Nietzsche



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Prompt: What would you do if you weren't afraid?



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"Who you are is defined by what you're willing to struggle for."
- Mark Manson



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- Katrina Mayer



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Affirmation: I expect to succeed.



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Prompt: If you could change one characteristic about yourself, what would it be and why?



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"Be the change you want to see in this world."
- Gandhi



Handwriting practice lines consisting of 2 horizontal dashed lines.

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Handwriting practice lines consisting of 20 horizontal dashed lines.

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COLLECTION

Handwriting practice lines consisting of 20 horizontal dashed lines.

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COLLECTION

Handwriting practice area with 20 sets of dashed lines on a light gray background.

Affirmation: I am a positive thinker.



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Handwriting practice lines consisting of 20 horizontal dashed lines.

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COLLECTION

Handwriting practice area consisting of 20 horizontal dashed lines.

Prompt: What controls your decisions in life?

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COLLECTION

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



Handwriting practice lines consisting of multiple horizontal dashed lines for tracing and solid lines for independent writing.

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Handwriting practice lines consisting of 20 horizontal dashed lines.

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COLLECTION

Handwriting practice lines consisting of 20 sets of three horizontal dashed lines.

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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- Russell Simmons



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Affirmation: My mind is focused on excelling in every area of my life.



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COLLECTION

Journal page with horizontal lines for writing.

Handwriting practice lines consisting of 10 horizontal dashed lines.

Prompt: What about your life makes you miserable?



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"Your inner strength is your outer foundation."
- Allan Rufus



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Handwriting practice lines consisting of 15 horizontal dashed lines.

Affirmation: I believe deeply in myself



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"I am not a product of my circumstances. I am a product of my decisions."
- Stephen Covey



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Affirmation: I am powerful



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Prompt: What is a book you wish someone would write?



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- Jane Goodall



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Affirmation: I am focused on being the best I can be.



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Prompt: What was your childhood dream? What happened to it?



A single horizontal dashed line.

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"How true it is that most people overestimate what they can accomplish in a year — and underestimate what they can achieve in a decade!"

- Tony Robbins

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Prompt: What's one thing you need more of in your life to be satisfied?

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