



JOURNAL

ADULT ACTIVITY KIT



2021 is finally here! Use this notebook and pen to **create your own journal** for a new year. Add a sticker, draw on the cover, or keep it incognito. Use the prompts to get you started or take your own path. Whatever you choose, keep up the habit to **improve your mood and health**. #ComfortWithImagineIF

WEEK 1

What is a nice thing someone has done for you, and what can you do for someone else?

WEEK 2

In what ways have you grown in the past year?

WEEK 3

What story have you read or listened to that has had a positive effect on your life?

WEEK 4

What is a funny memory you can look back to when you need to smile?

For inspiration

Hoopla Digital has titles available now to help you on your journaling journey:
tinyurl.com/journalingbooks

Daily Gratitude

Each day for at least a week, write down three things for which you are grateful. After a week, see if you notice any changes in your mood.

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