

NOVEMBER JOURNALING

What does belonging mean to you?

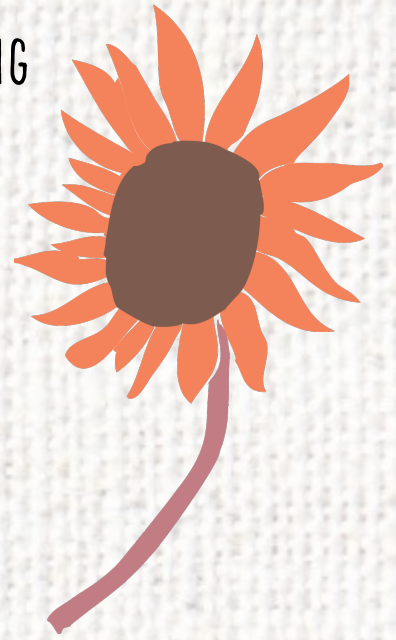


Softly say the words "I belong." to yourself. How does this feel? Where in your life is this true? Where is it not true?



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How has your need for belonging shifted as you have grown older?



What do you do to foster a sense of belonging in yourself and in others?