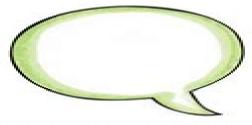
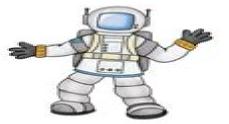
10+ Self-Awareness Activities



Write in a journal



Read positive affirmations



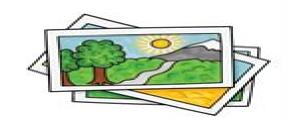
Research future careers



Do an emotions check-in



Make a gratitude list



Host a show-and-tell



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