



Suggested Topics for Artistic Expression or Journaling

<b>“What Needs to Be Said”</b>	<b>“Paradise”</b>	<b>“If I Ruled the World”</b>	<b>“A Dream Come True”</b>
<b>“Freedom”</b>	<b>“My Own Planet”</b>	<b>“Beyond What We Can See”</b>	<b>“A Moment of Happiness”</b>
<b>“Finally Letting Go”</b>	<b>“I Have Conquered!”</b>	<b>“My Gift to the World”</b>	<b>“Past and Future Self”</b>
<b>“Me as a Superhero”</b>	<b>“Breaking Through”</b>	<b>“My Gratitude List”</b>	<b>“A Window into my Mind”</b>
<b>“What’s Good (In Life)”</b>	<b>“What Is in My Heart”</b>	<b>“Taking off the Mask”</b>	<b>“Nothing But the Truth”</b>
<b>“My Imaginary Safe Place”</b>	<b>“Changing for Good”</b>	<b>“Inner Strength”</b>	<b>“Digging Deeper”</b>
<b>“My Vision of the Future”</b>	<b>“Who I Have Become Today”</b>	<b>“Facing Fears”</b>	<b>“Winning!”</b>
<b>“Peace”</b>	<b>“Hope”</b>	<b>“Beating the Odds”</b>	<b>“What Matters Most”</b>
<b>“My Dreams”</b>	<b>“A Peek into My Mind”</b>	<b>“Unforgettable Moment”</b>	<b>“What Makes Me Smile”</b>
<b>“Finally Healing”</b>	<b>“Rising From the Ashes”</b>	<b>“What I Love About Life”</b>	<b>“The Real Me”</b>
<b>“What Love is...”</b>	<b>“Taking Out the Trash in Life”</b>	<b>“Climbing the Mountain”</b>	<b>“The Success that Awaits Me”</b>