
February Reflections:
Your Life, A Story Told Daily
A 28-Day Journaling Challenge
Feb 1: The very first vivid memory you can access.
Feb 2: A childhood scent that instantly transports you back.
Feb 3: The moment you realized you were no longer a "child".
Feb 4: A family mystery or unspoken story.
Feb 5: The first place you felt truly safe.
Feb 6: A teacher or mentor who saw potential in you.
Feb 7: The toy or object that meant the most growing up.
Feb 8: A "road not taken"—a major choice you didn't make.
Feb 9: The hardest goodbye you have ever had to say.
Feb 10: An act of rebellion that defined you.
Feb 11: A piece of advice you ignored, but wish you hadn't.
Feb 12: The moment you realized your parents were flawed.
Feb 13: A belief from age 20 you no longer hold.
Feb 14: The moment you understood unconditional love.
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Feb 14: The moment you understood unconditional love.
Feb 16: The "winter" season of your life and how you endured.
Feb 17: A physical scar and its story.
Feb 18: A time you stood alone for the right thing.
Feb 19: An achievement no one else or fully understands.
Feb 20: A fear you conquered later in life.
Feb 21: An apology you still need to make or receive.
Feb 22: A book, song, or artwork that shifted your perspective.
Feb 23: The simple, daily ritual that keeps you grounded.
Feb 24: How your definition of "success" has changed.
Feb 25: An unlikely friendship that enriched your life.
Feb 26: Something you are currently still learning about yourself.
Feb 27: What you want future generations to know about your time.
Feb 28: If your life story had a title, what would it be?

Living Your Own Light

Sunshine Word Search

Find all 18 words. They go across, down, or slanting down.

B	L	E	S	S	I	N	G	S	S	M	I	L	E
P	F	A	I	T	H	L	B	Y	C	I	F	D	G
O	P	J	O	Y	I	C	I	R	C	L	E	G	L
L	N	G	K	I	N	D	N	E	S	S	M	V	O
W	I	R	R	P	P	E	A	C	E	W	K	Y	W
F	I	G	R	A	C	E	U	O	K	C	B	I	U
R	B	S	H	W	T	L	Y	I	T	L	J	V	T
I	A	V	D	T	E	I	A	D	R	E	A	M	S
E	M	O	G	O	A	I	T	U	H	E	B	V	D
N	O	D	V	S	M	V	V	U	G	L	C	W	G
D	S	U	N	S	H	I	N	E	D	H	G	P	I
S	F	Y	A	H	O	P	E	P	S	E	T	Y	B
F	H	I	L	S	L	O	V	E	Y	R	R	E	U
F	M	Y	H	C	N	M	E	O	O	G	V	A	R

- ☐ Blessings
- ☐ Circle
- ☐ Dreams
- ☐ Faith
- ☐ Friends
- ☐ Glow
- ☐ Grace
- ☐ Gratitude
- ☐ Hope
- ☐ Joy
- ☐ Kindness
- ☐ Laughter
- ☐ Light
- ☐ Love
- ☐ Peace
- ☐ Smile
- ☐ Sunshine
- ☐ Wisdom

Keep shining. You light up more lives than you know.

Carla