## August Tournal prompts

- 1. What is the best compliment you have ever received and why?
- 2. What does the word confidence mean to you?
- 3. What is your ultimate favourite song and what does it make you think of?

Making your self enough of a priority to give yourself just 15 minutes a day will set the foundations for ultimate change.





coastalcounsellingwales@gmail.com www.coastalcounsellingwales.co.uk

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