

journal swap

one thing you do well

1st journaler - your name:

date:

one thing you do well:

three things you've had to learn in order to do your thing well:

1

2

3

give your page to another journaler to answer the prompts below

2nd journaler - your name:

after reading the notes above, one new thing you've learned about the 1st journaler:

one thing you admire about the way the 1st journaler does their thing well:

give this page back to the 1st journaler

after reading the 2nd journaler's notes above, one thing you thought or felt:

one way you can share the thing you do well with others:

journal swap

one thing you do well

1st journaler - your name:

date:

one thing you do well:

three things you've had to learn in order to do your thing well:

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— give your page to another journaler to answer the prompts below —

2nd journaler - your name:

after reading the notes above, one new thing you've learned about the 1st journaler:

one thing you admire about the way the 1st journaler does their thing well:

— give this page back to the 1st journaler —

after reading the 2nd journaler's notes above, one thing you thought or felt:

one way you can share the thing you do well with others: