

JOURNALING FOR LIFE CHANGE

Supply List

- Journal (This could be a composition book or a spiral notebook or a journal or a three ring binder with paper. It can be one you've been writing in already. Either lined or unlined paper will work.)
- Scissors
- Glue Stick
- Colored Pencils
- Pen / Pencil / Marker for writing (bring a couple choices/colors)
- Picture of yourself (Current or older, can be more than one picture.)