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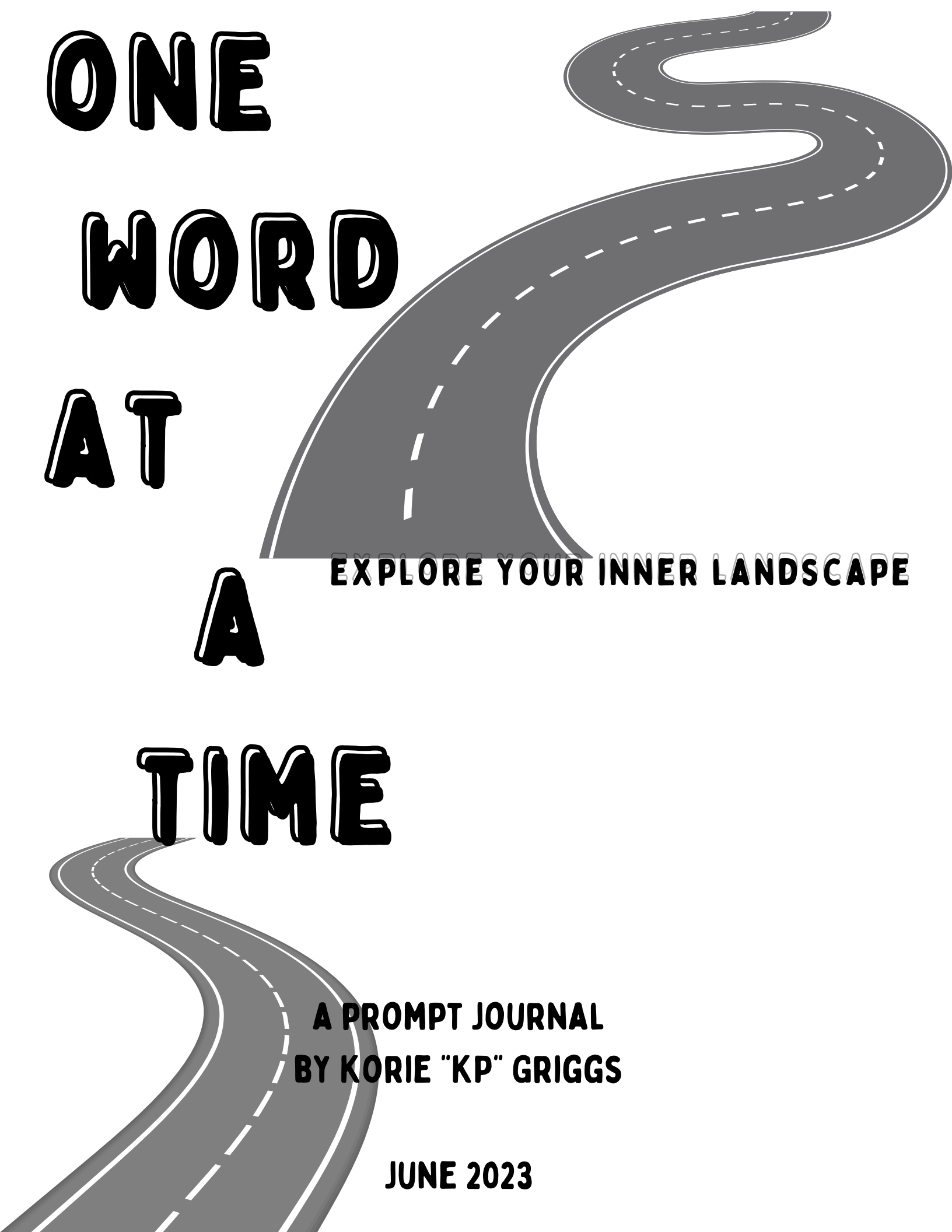
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TIME

EXPLORE YOUR INNER LANDSCAPE

**A PROMPT JOURNAL
BY KORIE "KP" GRIGGS**

JUNE 2023



PROMPT: GIVE YOURSELF ROOM.

A NOTE FOR YOU:

TIME MOVES AT A PACE WE CAN RARELY UNDERSTAND. WE ARE HALF WAY THROUGH THE YEAR 2023 AND IT FEELS LIKE IT ONLY JUST BEGAN. WHAT ARE WE REALLY DOING WITH OUR TIME? ARE WE USING IT WISELY? THE TIME WE SPEND WITH OURSELVES IS SACRED AND SHOULD BE TREATED AS SUCH. WHEN WE TAKE TIME TO EXPLORE OUR INNER LANDSCAPE WE ARE ABLE TO REFLECT OUR FINDINGS INTO OUR EXTERNAL EXPERIENCES. DO YOU LIKE WHAT YOU FIND WHEN YOU'RE TRAVELING WITHIN YOURSELF? DO YOU RECOGNIZE WHO YOU ARE OUT IN THE WORLD? SIT WITH WHO YOU ARE. YOU ARE BEAUTIFUL TO KNOW. YOU DESERVE TO BE KNOWN.

BIG LOVE

KORIE "KP" GRIGGS