



# Session 4

# Journaling

Reflect on the following and write or draw in your brown journal (or any journal you would like to use).

● Part of showing compassion by being present can be sharing messages of hope. Check out [projecthopeexchange.com](http://projecthopeexchange.com) and listen to some stories of hope.

● Now try writing your own message of hope. Record it in your journal - and think about ways that you can share it with the world!

