



Vintage

SPECIMEN

one day, when he laughed, and plump, a right down, And the who whistles
sash. The moon on the old elf, And I laughed sharp and the who whistles
the luster of the old elf, And I laughed sharp and the who whistles
objects below, when I saw him, in spite of brown, I'll not be cold,
wondering eyes, appear, myself; A wink of his eye and though my finger numbs,
But a miniature sleigh, and a twist of his head, Soon gave For it brings the
eight tiny reindeer, With a me to know I had nothing to when Santa came.
little old driver, so lively drend; He spoke not a word, heart, My
and quick, I knew in a moment but went straight to his work, with a bang
it must be St. Nick. More rapid And filled all the stockings; really, I
than eagles his couriers they then turned with a jerk, And want to go to sleep, I
came, And he whistled, and laying his finger aside of his And, Then I lay in bed,
shouted, and called them, by nose, And giving a nod, up the With visions of Santa dancing





what



WILL | ACCOMPLISH
TODAY...





write

DOWN FIVE QUOTES...





journaling

PROMPTS

RECALL A MEMORY FROM YOUR CHILDHOOD? HOW DID IT MAKE YOU FEEL?

WHAT ACTIVITIES MAKE YOU LOSE TRACK OF TIME?

WHAT IS YOUR BIGGEST FEAR? HOW CAN YOU FACE IT?

WRITE DOWN A BREATHING EXERCISE TO HELP YOU WHEN STRESSED.

IF YOU COULD TRAVEL, WHERE? WHY?

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