



"Self-discovery guides choice. Choice drives change." — Tom Karl, R1 Founder

MY JOURNAL

R1 Topic	Discovery Card	Model Category
Affirmations	I matter	Affirmations

My self-reflections, thoughts, and insights

Reflect on the R1 Topic and the Discovery Card you chose.

Express your story:

Express your thoughts.

Express your ideas.

Express your experiences.

Express your emotions & feelings.

Express the patterns of behavior you see.

Express your insights.

Express what you've learned.

Express your goals for today.

Express your vision for the future - your aspirations.

Express your story!