LMU TOGETHER *writing prompt*

Complete the journal prompt with you thoughts.
Feel free to share it on social media and use #LMUTogether.

THINK OF 10 OF THE MOST IMPORTANT PEOLE IN YOUR LIFE

Why are they special to you? How have they moved or changed you? What are your most famous memories with them? If you could write each one of them a special message, what would it say?

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I FEEL MOST ENERGIZED WHEN...

Do you experience the "runner's high" after working out? Do you have a lot of energy after a full night of sleep? Do you have someone in your life that energizes you? Make a list of what energizes you the most.

LMU TOGETHER *writing prompt*

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WHAT INSPIRES YOU TO BE GREAT?

Is there someone in your life that inspires you? Is there a movie/TV show that fires you up? Do you have a quote or mantra that you recite to yourself? Is there an athlete you look up to?