



Day 20

**Journal Prompt:** Would you rather live in the mountains, at the beach or in a city? Why?



**Activity 1:**

Write a letter to yourself about what your current goals are, what is difficult in your life and what is going well. You can add anything else you want to share with your future self. Seal it in an envelope and open it a year from now to see how you have progressed!

**Activity 2:**

Have a family potluck.  
Make a sign-up sheet with spaces for a protein, vegetable, starch and dessert. Have each person in your family sign up for 1-2 things to make for dinner and set a time for it to be ready. Get together and enjoy the meal!

LIFE IS LIKE A CAMERA  
**FOCUS**  
ON WHAT'S IMPORTANT  
**CAPTURE**  
THE GOOD TIMES  
**DEVELOP**  
FROM THE NEGATIVES  
AND IF THINGS DON'T WORK OUT  
*Take another shot*

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