

# Alexandria

ART THERAPY

*A journal prompt for the New Year:*

Fill the two silhouettes with words, images, or ideas representing "I Used to Think" on one page, "And Now I Think" on the other.

Reflect on what you've learned or changed your mind about in the past year. How should you focus your new way of thinking as we enter 2022?

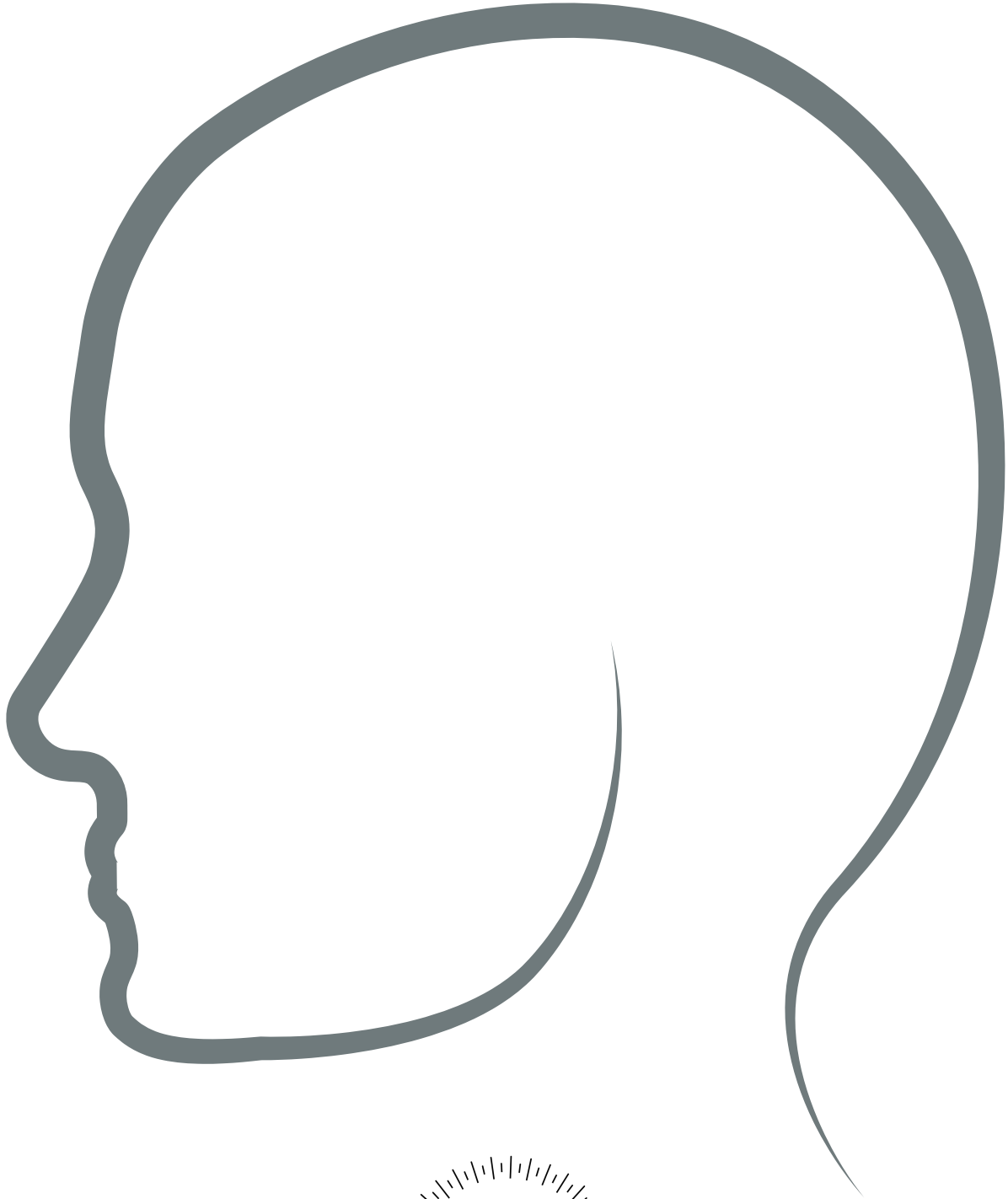
Adapted from Rob Walker:

<https://robwalker.substack.com/p/curious-acts-for-people-like-you>

I USED TO THINK...



AND NOW I THINK...



# WAYS OF THINKING FOR 2022...

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