

# Hello, August!

**Be sure to join our Re-Entry Relaunchers Unite! Facebook community for support and inspiration!**

<https://www.facebook.com/groups/smallplanetstudio/>

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad.

This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, print out this page, cut out the list of prompts to the right, and then tape the list to a page in your journal.
- There are unlimited ways to respond to the daily prompts. Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative. Your choice!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.

**Small Planet Studio** is a personal and professional development company that helps global adventurers find their next global adventure at home or abroad and create a global life they love no matter where they are in the world.

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*Cut on the dotted line →*

## #GlobalYou365 // August

1. Favorite memories from July
2. Today I...
3. Favorite texture
4. Text or phone call?
5. I wish...
6. Things I've found while traveling
7. What I'm grateful for today
8. Yesterday I...
9. Tomorrow I will...
10. New or used car?
11. Favorite summer meal
12. When I'm in a hurry...
13. How much sleep I need
14. Pen or pencil?
15. Where I long to travel next
16. What I want to learn about the world
17. Favorite sound from abroad
18. How to say hello in [...]
19. Describe a friend from abroad
20. I've learned...
21. Holiday I'm looking forward to
22. Favorite place to walk
23. Summer or winter?
24. Global is...
25. Large plane or small plane?
26. What I really want to eat today..
27. What I miss from abroad
28. Favorite grocery store abroad
29. I was...
30. I am...
31. I will be...

#GlobalYou365  
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