

# Hello, February!

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, you can print out this page, cut out the list of prompts to the right, and tape the list to a page in your journal. Or print the list on a page of clear or white labels (use the label download), and stick one label on each page of 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!
- 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.
- Sharing is part of the fun so do share your pages on Instagram! You never know who you might inspire, and who might inspire you. Use the hashtag #GlobalYou365 and tag me (@smallplanetstudio) so I can find you!

[Small Planet Studio](#) is a personal and professional development company that provides services for global adventurers who have been changed by living and traveling abroad and don't want to readjust to the status quo of the home they left behind. Our goal is to help global adventurers create *global lives* so they can flourish at home and abroad. The key to that is understanding how to find your global life ingredients and use them to create a meaningful, satisfying, and sustainable global life that fits you as perfectly as your favorite travel shoes.

*Cut on the dotted line →*

## #GlobalYou365 //February

1. Favorite January memories
2. Languages I want to learn
3. Favorite travel outfit
4. What frustrates me about "home"
5. Places I've worked
6. Ways my travels have changed
7. Music I love
8. Movies that made me cry
9. Where I'd like to live
10. How I like to exercise
11. Today's to-do list
12. Who I talk to the most
13. Favorite smells
14. What inspires me
15. Beach or mountains?
16. What I never leave home without
17. Pets I've had
18. Favorite things about winter
19. What I remember about being 10
20. Favorite winter beverages
21. Who I'd love to travel with
22. What I'm currently wearing
23. Favorite travel quote
24. Advice I'd give others moving abroad
25. Grammar mistakes that drive me nuts
26. Artwork I'd like to see in person
27. Musical instruments I can play
28. What I think about as I fall asleep
29. What I love to do on a snowy day

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