

# Finding Your Voice

It's time to embark on a journey of **self-discovery**! Let's dive into some prompts and start journaling. Think about how these questions relate to your **mental health** and **inner power**.

**What concerns are you facing in your life right now?**

**What are some big worries your family, friends, or others around you have?**

**What are some major challenges the world is facing today?**

**What opportunities do you think all kids should have?**