## BEING HAPPY ALONE 101:

## VFS IT DFAIIV



**MOMS MOVING ON - MICHELLE DEMPSEY** 

## ALONE WITH YOURSELF IS WHERE YOU GROW

what are some things you've been dying to do? what do you love doing when you're alone?

WHAT DO I LOVE DOING ALONE?	WHAT HAVE I ALWAYS DREAMED OF DOING?	WHAT SCARES ME MOST About Being Alone?