

# Introspect

A Working Journal by Diana Mohrsen

**Feb 11 - Mar 4, 2026**  
**1:30 - 3:30 pm**

Each participant will receive a copy of Introspect, A Working Journal. The journal will serve as a tool for answering a series of reflective questions to:

- gain self-knowledge
- jump start creativity
- find meaning at mid-life & at times of crisis
- and just for fun!

After completing journal entries, the group will come together to discuss the responses.

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