





Dedication

This journal is dedicated to all teachers past and present who have given words meaning.

Words matter.



H is for Hourglass, S is for Sand ~ 6



Introduction

*This journal begins with Awareness,
which is the first step toward change;
and traverses the alphabet, one topic at a time.*

*With respect to real life moments,
not all the topics are positive.*

*Give yourself permission
to spend your sand learning more about yourself.
Allow honesty to guide your process.*

Enjoy your grains of sand; they're all you have.

Sand Matters, LLC