

The background of the entire page is a soft-focus image of pink cherry blossoms. The flowers are in various stages of bloom, with some showing their yellow stamens and pink petals. The lighting is bright and airy, creating a gentle, pastel atmosphere.

SOAR

A Mental Health Workbook For Young Ladies

This Workbook Belongs to



EVERY FLOWER BLOOMS IN ITS OWN TIME

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The proceeds from this workbook will support Write Life Kenya , which promotes mental health awareness and advocacy to empower people to live in wholeness.

WHY YOUNG LADIES' MENTAL HEALTH MATTERS

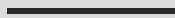
SOAR

Young women today are navigating a complex world of expectations. They are told to be strong, but also soft; to be confident, but not "too much."; to be beautiful, successful, kind, and composed, all at once.

Behind the smiles, many young ladies carry silent struggles: comparison and self-doubt, pressure to fit in, body image concerns, fear of rejection, and emotional overwhelm.

This workbook is a safe space to pause, reflect, and reconnect with who you truly are. You are allowed to feel deeply, set boundaries, use your voice, and take up space.

Mental health is about wholeness. It's about taking care of your mind and emotions show up better for yourself, your family, your work, and your community. When a young lady heals, she changes her future, her relationships, and generations to come.



WRITE LIFE KENYA

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UNDERSTANDING



“Mental Health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” World Health Organization (WHO)



What That Means for You

Good mental health doesn't mean you're happy all the time or that everything is perfect. It means you're learning to:



Know yourself

Understand your strengths, weaknesses, and emotions



Cope with stress

Find healthy ways to deal with pressure from school, friends, or family



Stay focused

Be able to study, work, & chase your goals with a clear mind



Build good relationships

Build connections with others & communicate openly



Give back

Use your gifts & ideas to make a difference in your school, home, or community

Know Yourself

What are three things you're really good at?

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What areas do you struggle with or want to improve?

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How do you usually express your emotions; do you talk, stay silent, or act out?

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“SOMETIMES THE GREATEST ACT OF COURAGE IS TO ASK FOR HELP WHEN YOU NEED IT.”

FINDING HER VOICE



From the outside, Amani looked like any other young lady in her class, but inside, she always felt... off. Her personality had earned her the nickname "the quiet one", not loud, not dramatic, and definitely not the kind of girl people noticed first.

Secretly, she watched other girls with envy, especially the popular ones who were confident, stylish, and outspoken. Sometimes, she wished she were like them.

For a while, she tried to become what people liked. She laughed louder at jokes in class, even when they weren't that funny. She dressed differently, her skirts a little shorter than she was comfortable with, just like the "cool" girls. She began saying yes to things she would normally refuse, like letting her deskmate copy her work during an exam when the teacher wasn't looking.

Each time, something inside her felt uneasy, but she ignored it. It was exhausting, and still, it wasn't enough. Things began to change the day Amani's teacher asked her to write a poem to recite to the class the following week. The teacher had noticed her strength in composition writing and wanted to challenge her to express herself out loud.

Writing the poem was nerve-wracking. It would have been easier if it were for grades or if she had been given a topic. Instead, she sat with a blank page and her thoughts. She wrote draft after draft, tearing them up, unsure of what was "good enough." Then, slowly, she made a different choice. She decided to stop trying to impress and to simply be honest and write what she actually felt. For the first time, she wasn't trying to fit in.

The day she stood in front of the class, her hands trembled, and her voice shook. For a moment, she almost stopped, but she took a breath... and continued. When she finished, there was silence, then applause. But what stayed with her wasn't just the sound, it was the look on her classmates' faces. Not judgment, not comparison, but recognition. It was like they were saying, 'We understand this.' In that moment, Amani realized something she had never fully seen before: she was not alone. Everyone was carrying something. Everyone was trying to find their place. And most importantly, she didn't have to change who she was to belong.

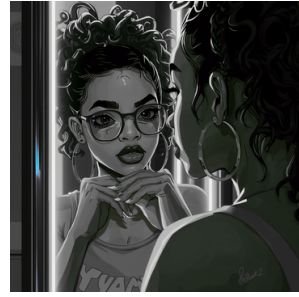
**YOU DON'T FIND YOUR VOICE BY BECOMING SOMEONE ELSE.
YOU FIND IT BY BECOMING YOURSELF.**

BE
yourself



"TO BE YOURSELF IN A WORLD THAT IS CONSTANTLY TRYING TO MAKE YOU SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT." RALPH WALDO EMERSON

SELF AWARENESS



A young lion was once raised among sheep. He bleated instead of roaring, ate grass instead of hunting, and ran whenever danger came. He thought he was one of them, until an older lion found him. The old lion led him to a river and said, "Look."

For the first time, the young lion saw his reflection; strong, fierce, and nothing like a sheep. That day, he discovered who he truly was.

Many young ladies live like that young lion:

- Trying to fit in
- Suppressing their emotions
- Living under labels the world gave them

They carry expectations that drown their real identity. Knowing yourself is strength.

Self-awareness is the ability to notice your thoughts, emotions, and actions and understand how they affect you and others. It's about being honest with yourself: knowing what drives you, what drains you, and what you can do to grow.

When you're self-aware, you can manage your emotions better, make wiser decisions, and build stronger relationships. It's the first step toward mental health and personal growth.

The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



Pause and Reflect

What am I feeling, and why?



Journal

Write wins, worries, or lessons from the day.



Seek Honest Feedback

Ask a trusted friend or mentor, what they notice about you.



Check Your Triggers

Notice what make you angry, defensive, or anxious.



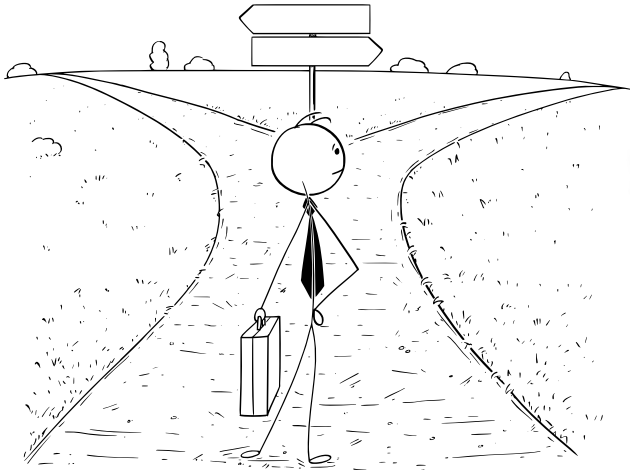
Practice Mindfulness

Be present instead of rushing through moments.

do it for you!

WALKING YOUR UNIQUE PATH

Every day, we make decisions; some small, some life-changing. Sometimes we choose the path everyone else is taking because it feels safe. Other times, we take the route that pleases others, hoping for approval or acceptance. But true self-awareness means asking: *What do I really want?*



Think of a time you had to choose between two paths, big or small. What guided your decision?

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The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.

By Robert Frost

Following your own path means being honest with yourself. It's choosing what aligns with your values, your strengths, and your peace of mind, even if it's not the easiest or most admired option.

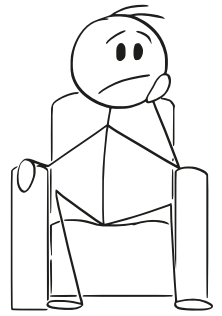
The road that's right for you may not always be the most popular or most understood, but it's the one that leads you closer to who you truly are.

Robert Frost's poem reminds us that self-awareness begins with reflection. The traveler stands before two paths, taking time to notice, think, and choose. In the same way, we grow when we understand why we make the choices we do: whether driven by fear, desire, or purpose. The poem teaches us to own our journey, knowing that each decision shapes who we become.

True self-awareness is learning to walk your path with intention, not comparison, and to look back with honesty, knowing every step has "made all the difference."

COPING WITH

Stress is a natural response when you face challenges, like exams, family pressure, relationships, or big changes. Stress is normal but it becomes a problem when it builds up and makes it difficult for you to concentrate, sleep, or enjoy life.



Healthy Ways to Cope



Stress can make it hard to relax, affecting your body and mind. It can cause headaches, poor sleep, irritability, and strain your studies and relationships. Since stress can't always be avoided, it's important to learn healthy ways to cope with it.



Keep a daily routine : Set time for study, rest, meals, social time and self-care



Get enough sleep: Go to bed and wake up at consistent times. Make your sleeping space dark, quiet and comfortable. Limit screens right before bed.



Stay connected: Talk with friends, family or someone you trust. Sharing what's on your mind can help you feel less alone



Eat healthy and Exercise: A balanced diet and regular exercise reduce stress and boost your mood



Limit Media Overload: Limit news, social-media use and the amount of negative content you consume

What situations tend to stress you the most?

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How do you usually deal with stress?

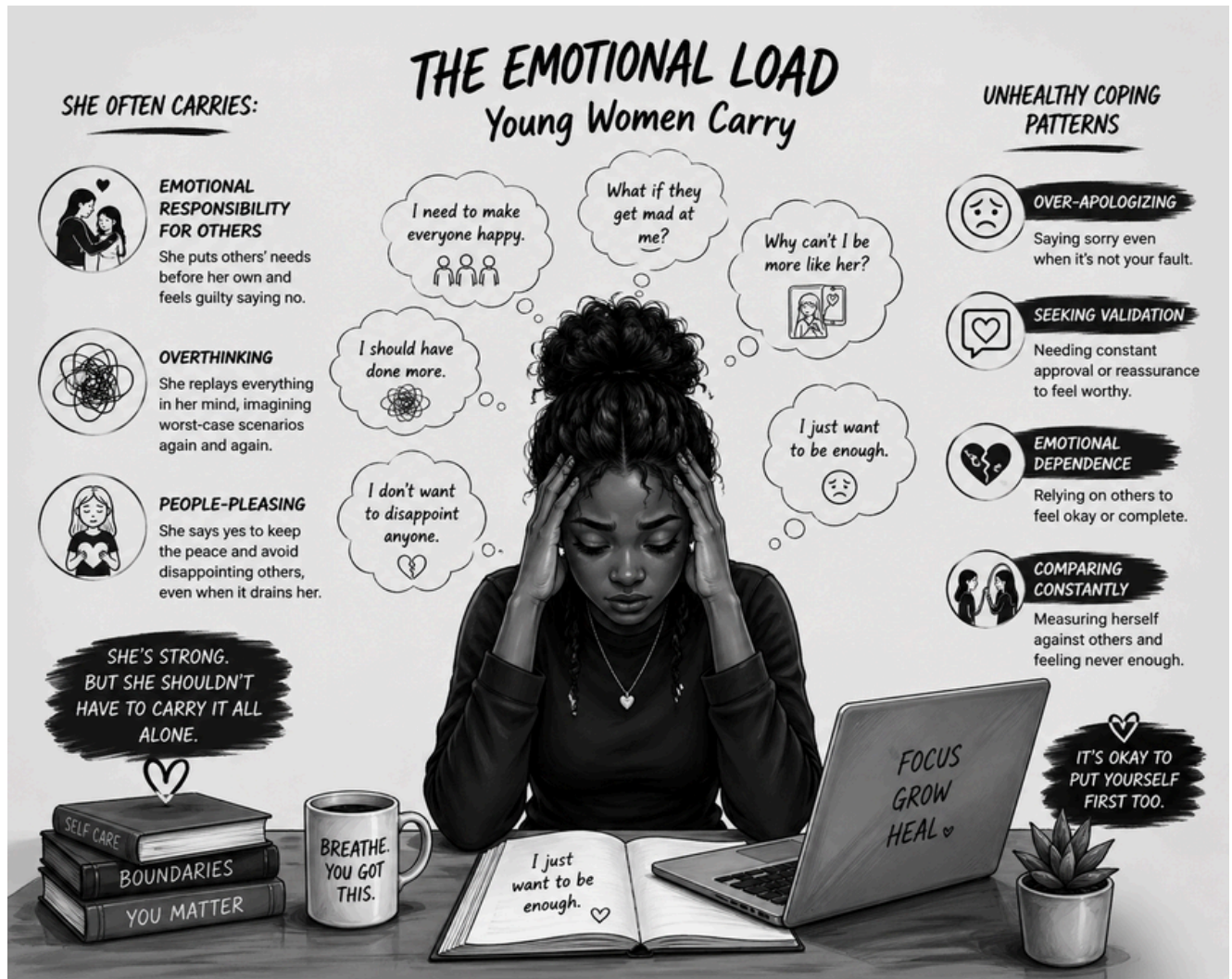
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What healthy ways could you try next time you feel overwhelmed?

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The Emotional Load Young Ladies Carry

Stress is not always caused by big life events. Sometimes, it builds quietly from the emotional weight young women carry every day. Many young women find themselves holding more than they realize, often without naming it. Over time, this emotional load can quietly lead to coping patterns that feel normal, but may not be healthy. These patterns do not mean something is wrong with you. They are often learned responses to pressure, expectation, and the desire to belong, but awareness is the first step toward change.



When I look at this picture, what part of it feels like me right now?

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Unhealthy Coping Mechanisms

When stress leads you the wrong way...

Sometimes young ladies try to escape from stress in ways that seem harmless at first but end up causing more harm than good, such as:



Excessive Screen Time or Gaming



Isolation



Gambling or Impulsive Spending



Negative Self-Talk



Aggression



Emotional or Binge Eating



Avoidance



Self-harm



Workaholism



Unhealthy Sexual Behaviour



Procastination



Alcohol & Substance Abuse



Bottling Up Emotions

Some habits start off helpful but become unhealthy when we overdo them. For example, exercise can relieve stress, but if it becomes an obsession, it can drain you. Relaxing with your phone can seem fine, until it starts interfering with daily tasks.

Breaking free takes self-awareness and discipline, replacing these with healthy coping mechanisms.

However, if you find this hard to do on your own:

- Talk to someone you trust like a friend, parent, guardian, mentor, pastor, or counselor.
- If a habit has become too heavy or addictive, seek professional help from a trained counsellor

STAYING FOCUSED

Sometimes, goals and expectations can feel impossible to keep up with. But instead of stressing about what you have not done, pause and ask yourself, **“What really matters to me?”**



Tips For Staying Focused

When your goals match what you truly value, they give you hope, direction, and motivation, all of which strengthen your mental health. When you achieve even small goals, it builds confidence and reminds you that progress is possible.



Be SMART: Set goals that are Specific, Measurable, Achievable, Relevant, and Time-bound



Know Your Aim and End Goals: Have a big-picture and smaller steps that get you there



Take Small Daily Steps: Big goals happen through small actions.



Stay Focused and Accountable: Distractions will come. Find an accountability friend, mentor, or group that keeps you on track.



Celebrate Small Wins: Don't wait for perfection. Celebrate progress. Each step forward builds confidence and keeps your mind motivated.

Self-check

What goals are most important to you right now?

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What distractions keep you from focusing on them?

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How can you take care of your mind to stay clear and motivated?.....

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FINANCIAL PRESSURE

Many young women experience financial pressure in different ways; whether it's the pressure to become independent early, support family, succeed academically, look successful, or avoid "dependence." For some, money becomes tied to identity, safety, and self-worth. When financial stability feels out of reach, it can lead to anxiety, shame, comparison, or fear about the future. Financial wellness is not about how much you have but about how you think, plan, and grow with what you have.

Journeying Toward Financial Wellness

Everyone's financial journey is unique, but wherever you are, start there and stay consistent:



50/30/20 Rule: Spend 50% on needs, 30% on wants, 20% on savings or debt repayment.



Set SMART financial Goals: Have a big-picture and smaller steps that get you there



Track Your Money: Use simple apps or a notebook to know where it goes



Make Smart Choices: Compare prices, live within your means, and avoid comparison.



Invest in Learning: Alternative ways to earn income or invest, budgeting, and responsible spending are life skills.

“

“Wealth is more often the result of hard work, perseverance, and most of all self-discipline.”

Thomas J. Stanley, Ph.D

”

Know Yourself

What money beliefs did you grow up with?

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How does financial stress affect your emotions or confidence?

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What one step can you take this month to improve your financial health?

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SELF-WORTH & BODY IMAGE



From a young age, many young women learn to pay attention to how they look; what is “beautiful,” what is “acceptable,” and what gets approval from others. Over time, these messages can become quiet rules in the mind, but body image is not just about appearance. It is about how you think, feel, and relate to your body and yourself.

Your body is not an object to be judged. It is your home. It carries your story, your growth, your emotions, and your experiences. Good mental health begins when you learn to separate your worth from how you look.

Body image is the way you see yourself when you look in the mirror, but also how you feel inside about what you see. It is shaped by social media and filtered beauty, comments from friends, family, or classmates, cultural expectations of “beauty,” comparison with others, personal experiences and confidence. Sometimes, what you see is not the problem; it is the voice in your mind interpreting what you see.

One of the biggest challenges to body image today is comparison. You may find yourself comparing your body to influencers or celebrities, your life to curated social media posts or your progress to friends or classmates but what you often compare yourself to is not the full picture. It is a highlight reel, carefully selected, edited, and filtered. When you compare your real life to someone’s curated image, you create unfair expectations for yourself.

Your worth cannot be reduced to your body, shape, skin, or features. You are also your personality, your kindness, your thoughts, your creativity, your resilience, and your dreams.

Know Yourself

How do I feel when I look in the mirror?

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What parts of my appearance do I focus on most?

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What do I believe makes someone “beautiful”?

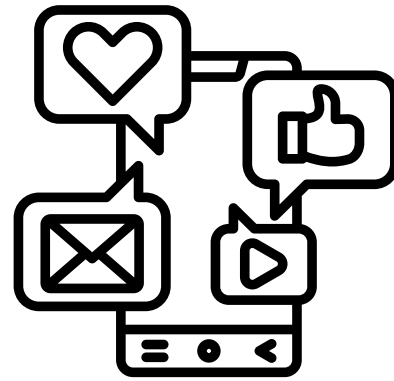
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Where did I learn these ideas from?

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SOCIAL MEDIA

In a world of constant connection, it's easy for a young lady to lose herself in endless scrolling, chasing validation, comparing lifestyles, or numbing real struggles. Real progress is not found in likes or comments. It is found in discipline, focus, and meaningful connection.



Studies have found a strong link between heavy social media use and increased risks for loneliness, anxiety, depression, and thoughts of self-harm. It also increases passivity and sitting which can lead to issues like weight gain, back problems and unfitness which generally harm one's health.

Scrolling endlessly on social media can quietly steal your focus and mess with your sleep, leaving you stressed and anxious. Comparing yourself to others can knock your confidence, and feeling like you're missing out (FOMO) can make you feel like you always have to be "on," even when you're tired. When that happens, step back and take a break.

However, social media isn't all bad. When you use it with purpose, it can help you level up, connect with others, and create cool stuff, whether it's starting a side hustle, learning a new skill, or sharing ideas that inspire your friends.

Three Things that Shape Healthy Social Media Use

Competence:

"Do I learn something or feel capable after using social media, or overwhelmed?"

.....

Autonomy:

"Do I decide when and how to engage, or am I reacting to every ping and post?"

.....

Relatedness:

"Does social media help me feel truly connected or more alone?"

.....



When social media supports these three needs; competence, autonomy, and connection, it can build your wellbeing instead of breaking it.

Social Media Self Evaluation Quiz

Do you stop to check social media in the middle of a conversation, meeting, class or church service?.....

Do you spend more than 6 hours a day each day using social media?.....

Do you lie about the time you spend on social media?.....

Has social media negatively affected your closeness with family and friends?
.....

Have you ever tried to cut back on social media use and failed?.....

Have you neglected school, work and hobbies in favor of being on social media?

Do you experience anxiety or withdrawal symptoms when not able to check social media?.....

Do you have an overwhelming desire to share on social media feeds?
.....

If your answer to most of these questions is yes, then you need to improve how you consume social media

Personal Boundaries Plan Example

I will spend a maximum of.....hours per day on social media

I will take one "digital Sabbath" day each week

I will unfollow pages that make me feel inferior or angry

I will follow accounts that educate, inspire, and draw me closer to my goals

I will replace online time with: _____ (for example exercise, a hobby, prayer, reading, real conversations)

Social media can inspire you, but it can also quietly shape how you see yourself. Ask yourself if the content you consume makes you feel enough or not enough. Does it leave you inspired or discouraged? Are you comparing or learning? Sometimes the healthiest choice is not quitting social media, but curating it. This means unfollowing or muting accounts that consistently make you feel insecure, anxious, "less than" or pressured to look or be a certain way. Follow accounts that educate, inspire growth, promote authenticity and make you feel calm and grounded

BUILDING GOOD RELATIONSHIPS



Healthy relationships, including the one you have with yourself are key to good mental health. People who build supportive, respectful, and honest relationships tend to be happier, less stressed, and more confident.

Tips for Building Connections



Self assessment



Start with You: How you treat yourself affects how you treat others. Start with self-awareness and self-respect. Do something each day that lifts your confidence



Connect with Others: Good relationships take effort. Respect, honesty, and communication matter most. Listen actively, check in, and be honest



Manage Relational Stress: Tough times can bring tension. Set boundaries, take time for yourself or talking to someone you trust



Conflict Resolution: Arguments happen, but they don't have to destroy relationships. Walk away if emotions are high, and talk again when everyone's calm.



Know When to Walk Away: It's okay to leave a relationship that hurts your peace or self-worth. If there's emotional, physical, or verbal abuse, seek help immediately.

Who do you feel safe talking to about your thoughts or struggles?

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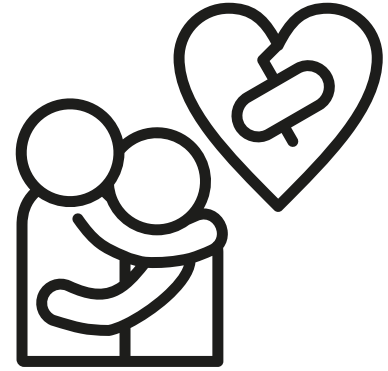
How do you show respect and care in your relationships?

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What can you do to communicate more openly?

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FORGIVENESS



Forgiving someone who has wronged you takes strength. It's not pretending what happened didn't hurt, it's choosing to let go of anger so it no longer controls you. Psychologists define forgiveness as intentionally deciding to release resentment and offer empathy and compassion, even when the pain is real.

Forgiveness
HEALS.

“
Forgiveness is not
about them. It's
about freeing
yourself
”

You can forgive:

- Another person for betrayal, harsh words, or neglect.
- Yourself for mistakes, regrets, or things you wish you did differently.
- A situation like loss, illness, or circumstances beyond your control.

What if they are not sorry?

Hanging on to a grudge imprisons you, putting you at risk of being mentally unhealthy, having migraines, ulcers and other effects of stress. Forgiveness doesn't always mean reconciliation. You can forgive quietly, by yourself, without ever rebuilding the relationship.

Research shows that forgiveness improves mental and physical health by:

- Reducing stress
- Improving mood
- Preventing toxic anger
- Rebuilding self-esteem

Know Yourself

Who (or what) do you still need to forgive

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What emotions surface when you think about it?

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What step could you take toward letting go?

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“
Forgiveness is the fragrance that the violet sheds on the heel that has crushed it
”

The Let-Go Letter: Write a private letter to the person, situation, or version of yourself you need to forgive. Say what hurt. Say what you're releasing. Then destroy it, safely.

MENTORSHIP

People often link mentorship to career progression, However, it's about having someone further down the road to offer guidance, accountability, and perspective. For younger ladies, a mentor can model emotional steadiness, resilience, and integrity. For older women, mentoring others offers a sense of legacy and fulfilment.



Reflection

Mentorship and mental health

From a mental health perspective, mentorship meets a deep human need, the need to feel that you matter. Having meaningful mentor relationships leads to higher life satisfaction and fewer symptoms of depression. Having someone to guide you, or someone who looks up to you for guidance, strengthens your sense of purpose, value, and direction



**If you want to
walk fast,
walk alone.
But if you
want to walk
far, walk
together**

Mentorship doesn't have to be formal. It could be a seasoned colleague, an older friend, or even a neighbour whose wisdom you respect. It's about stepping outside your own head and allowing someone else to influence or be influenced by you.

Who in your life do you admire?

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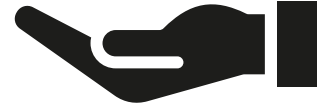
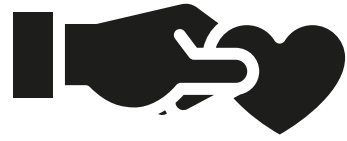
What kind of woman do you want to become, and who can help you get there?

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In which area of your life do you feel you would benefit from mentorship?

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GIVING BACK



Giving is a noble act, but beyond helping others, research shows that people who give, whether through donations, volunteering, or simple acts of kindness, experience positive psychological changes that support a healthier, more balanced life.

Ways to Give Back

No one has nothing to give; every person carries something the world needs. Here are a few ways you can get creative with your giving:



Volunteer your time: Help with school events, community cleanups, or mentoring younger students.



Share what you know: Teach a skill, encourage a friend, or help someone with their studies



Be kind:: A kind word or gesture can change someone's day.



Support someone struggling: Listen, pray with them, or guide them to seek help



Be responsible: Take care of your environment, your school, your home

“

*Everyone can be great because everyone can serve.”
Martin Luther King Jr.*

”

What’s one thing you can start doing to help others around you?

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How do your talents make a difference in your community?

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How does helping others make you feel about yourself?

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MENTAL HEALTH DISTRESS



Many people still ignore early warning signs of mental distress, brushing them off as stress, fatigue, or just a bad day. This silence can allow struggles to grow until they reach a crisis point. Recognizing the signs early and seeking help can save lives. Emotional pain can be seen through many behavioral and physical changes, as well as through words. .

Signs to Look Out For

- **Withdrawal or unusual quietness:** Pulling away from friends, family, or conversations
- **Loss of interest:** Things you once enjoyed no longer excite you
- **Avoiding emotional or physical intimacy:** Distancing yourself instead of connecting
- **Defensiveness, sarcasm, or explosive reactions:** Anger masking sadness, fear, or shame
- **Physical symptoms:** Chest tightness, racing heartbeat, stomach issues, or constant tension
- **Changes in sleep:** Trouble falling asleep, waking often, or sleeping too much yet feeling tired.
- **Irritability:** Snapping at loved ones, road rage, or being constantly on edge
- **Social withdrawal:** Saying "I'm just busy" while gradually cutting off social contact
- **Telling remarks:** "This life is short..." or "Anything can happen..." sometimes hint at deeper hopelessness or even suicidal thoughts

What Not To Say When A Lady Reaches Out



"Stop being dramatic"

"You're weak."

"Other people are handling it."

Your Are
Not Alone
Reach Out, Seek Support

If you or someone you know experiences these feelings for more than two weeks, or if they seem to be getting worse, don't ignore them. Seek help early; talk to a counselor, a trusted friend, or mental health professional

ASK FOR HELP

Feeling overwhelmed, anxious, or stuck is part of being human. Even strong, capable men need support sometimes. Asking for help is not a sign of weakness, it's a step toward strength.

Practical Ways to Seek For Help

- **Talk to someone you trust:** A parent, mentor, friend, or sibling.
- **Professional support:** Counselors in schools, hospitals, or online therapy platforms.
- **Community support:** Churches, youth groups, or local organizations often have resources.
- **Faith & reflection:** Prayer, meditation, or spiritual guidance can provide comfort and clarity.

IT'S OKAY
to ASK
For HELP

Thank you for journeying through SOAR. Just like the name suggests, this is your time to rise, to explore your purpose, and to take small, intentional steps toward the life you envision. May this journey lead you to wholeness, wellness, and a stronger understanding of yourself. Keep dreaming boldly, and use the vision board on the last page to map out your goals and aspirations; let it guide your path and remind you of the heights you can reach. Your story is yours to write; start today, keep moving forward, and soar into the life you were meant to live.

WRITE LIFE KENYA



Enough

It is enough to offer love,
no matter how imperfectly received or given.
It is enough to try and fail
at a difficult task; enough to fall and rise,
stumble, fall again,
sputter back to life.
It is enough to keep turning toward possibility,
hope, and beauty—
even when it feels like there's nothing left to
give.

It is enough to bear witness,
to be the one heart that listens,
to be the one who will stop running,
sit quietly,
and wait.

It is enough to be present to the grief,
the joy,
the unwinding of old ways,
and the birthing of new.

It is enough to be whole,
to be completely,
staggeringly,
imperfectly
who you are.

It is enough.

Poetry by Danna Faulds

MY VISION BOARD

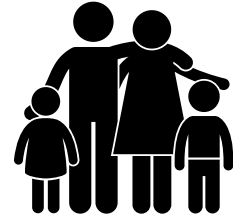
"The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt



Career



Mental health



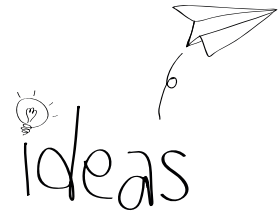
Family



Exercise

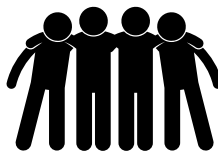


Traveling



Ideas

Creativity



Friends



Education



Nutrition

**Your existence is evidence that
this generation needs something
that your life contains**

“THE COURAGE TO SOAR TO GREAT HEIGHTS IS INSIDE ALL OF US”

This workbook invites every young lady to take a journey of self-discovery, purpose, and healing. Through guided reflections and practical tools, Write Life’s Kenya SOAR workbook guides young ladies to **Seek** support, **Own** their journey, **Align** with their purpose, and build **Resilience ...SOAR.**



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REACH OUT TO US VIA +254715428427

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YOUR SUPPORT WILL GO A LONG WAY TO HELP US CONTINUE
TO SPREAD AWARENESS AND ADVOCATE FOR MENTAL HEALTH