

# THRIVE



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A CURRENT EVENTS  
+  
LIFESTYLE MAGAZINE

**BREAKING NEWS**

**HEALTH + WELLNESS**

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# THE BENEFITS OF JOURNALING

Some people think of journaling as if it's like keeping a diary. It definitely can be like that if you wanted it to be, but writing in a journal everyday can actually carry loads of benefits.

Keeping a journal can enable you to write down and keep track of your goals. Sometimes we get caught up in the motions of life that we lose sight of the big idea. Keeping a journal can remind you of what you're working for and why.

Having a journal to write in is a huge stress reliever! It's the perfect place to organize your thoughts or even vent after a long day if you have to. Journaling keeps your head clear so you're ready to take on even the hardest days!

I'm a big believer in reflecting on the person you are so you can work to be better. With a journal, you can do just that! This can help us work to be much more grounded, grateful, and understanding people.

Overall, I think keeping a journal is a good idea for anyone. You can document memories, write down goals, or just overall reflect on the person you are. If you haven't tried it yet, why not give it a try? It might just end up being your new favorite thing!

# CULTURE



## MUSIC

Chip Chrome & The Mono-Tones (Deluxe) was just released by The Neighborhood. Overall- it was a solid album! Different sound, but it was catchy-give it a listen!



## TELEVISION

On December 31, The Office was removed from Netflix. As a die-hard fan, it was hard news to deal with. But fortunately you can view The Office on Amazon orr NBC's website!! Who's your favorite character?



## FOOD

All coffee lovers listen!! A new swirl has been added to Dunkin's menu- and it's pink!! The new Pink Velvet swirl is a must try, it tastes great and came just in time for Valentines!

# ALL ABOUT TRAVEL: JOBS + CAREERS

What are some good careers where you can travel while getting paid? In today's world, it's never been easier to get a travel related job, here are just a few ideas that might get you started.

-Flight Attendant: This is a relatively easy job to work towards. You can become a flight attendant fresh out of high school and start your travel career as young as 18!!

-Traveling Nurse: If you have any interest in the medical field, this might be the job for you. You can work as a nurse anywhere while most if not all of your travel costs are covered!

-Military: This one is pretty straight forward. Going into the military takes a lot of mental strength, but if you think you can do it, go for it! The military offers loads of benefits and lots of career options so you can find a job perfect for you.

\_Teacher: Believe it or not- you can actually travel the world while teaching!! There are multiple international teaching companies that you can sign on to work with- and all you need is a college degree to get started!



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