

A teal-colored page with decorative white line-art illustrations of flowers and leaves along the left and right margins.

Empowerment Question

1. Write down an honest account of how you feel right now, in the moment.
2. Pivot that towards the positive and focus your attention on what you're grateful for and the goodness around you. You can also write what you are learning and how you are growing from your feelings in this moment.
3. You can come back to this journaling style any time! Before you know you will have a long list of affirmations you can use.

For example: I am feeling discouraged. Shifting it to: What I feel in this moment is valid, I feel my emotions so I can heal. To feel is to heal, for that I am grateful.

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