

SELF-REFLECTION

*List all the ways you are giving away your power (past experiences, fear, doom scrolling, saying 'yes' when you mean 'no', staying in draining relationships, seeking validation, staying silent or over-explaining yourself, ignoring your body's signals)

*What are some ways you can begin to call that energy back?

*What are some things you are ready to release?

*What are the aspects of yourself and patterns you are ready to shift?

*What are the little things that bring you joy in your life? How can you bring in more of this?

*Where are you holding onto old stories? How can you release and forgive yourself and others?

*What positive attributes did you gain from the challenges you have faced?

*What part of little you needs to be seen and loved?

How and where can you give yourself more love and compassion?

When fear takes over, what works for you to return to your body and the present moment?