

# EMOTIONAL EMPOWERMENT

## SELF-REFLECTION

### JOURNAL PROMPT:

**What internal dialogue came up around giving yourself permission to breathe?**

Was it positive, negative, a mixture of both? Explain.

**What's your inner dialogue about slowing down?**

Don't judge it. Just acknowledge what fears or annoyances come up in taking a pause, a breath, a moment for you. What's the fear? If the fear was to occur, what does it mean about you?

**In what way can you improve your internal dialogue around giving yourself greater freedom and permission to pause and breathe?**