

Self Nourishment - Week Six

The power of Discovery Blurts!



Whilst watching the video, journal and reflect what will Morning Pages/Discovery Blurts do for you?

Do you feel resistance to doing this kind of journaling? If so, question why?

What potentially could be the longterm consequence if you dont?

What could be the longterm benefit if you do?

Every woman is living a journey of her own life. When we journal, we search for our real self, what really moves us, what we really think, what we really feel.

Your life counts

*What lies behind us and what lies before us
us
Are tiny matters to what lies within us'*