



You are sought after for your  
Energy and Wisdom.

YOUR ENERGY YOU SHARE CAREFULLY,  
always having enough sips  
for yourself before bed.



YOUR WISDOM YOU SHARE OPENLY,

but only after asking a few clarifying questions  
to help others find their own answers.



## GUIDED JOURNAL

The following pages invite you to go inward, exploring and expanding your sense of Self. Take a page at a time, in any order. You can just think about your answers, write them or draw them, either in the book or elsewhere. As time goes on, you may add to your observations. You may also take this journey with others - a friend, a book group, or a women's circle.

Deepening your connection with yourself will reveal a new reflection: you are rich in beauty. Your beauty rests in your quiet center of authenticity, in your gentle compassion for yourself, how you touch the world around you, and most importantly, in the loving relationship you create with yourself.

It is time to write your own story . . .

## I AM CAPABLE AND CALM.

Describe what being capable feels like . . .

## I HAVE SELF-COMPASSION.

I can be more gentle with myself by . . .

**I AM COURAGEOUS.** Risks I have taken that have made me stronger . . .

A risk I would like to take . . .

Slowing down will help me . . .

**I AM RELAXED.**