I am courageous

A GUIDED JOURNALING ACTIVITY TO EXPLORE WITNESSING AND ACCEPTING ALL THE WAYS THAT YOU ARE COURAGEOUS IN YOUR JOURNEY. COURAGE IS TRULY ANY MOMENT WHERE WE UPHOLD OUR TRUTHS, NEEDS, CORE VALUES. OFTENTIMES LIFE CALLS US TO BE COURAGEOUS IN HIGHLY VISIBLE WITNESSED WAYS, YET OTHER TIMES IT CALLS FOR US TO BE SELF LOVING AND RECOGNIZE 0UR INNER COURAGE AND CHERISH THE FLAME OF IT THAT LIGHTS OUR PATH.

DATE _____