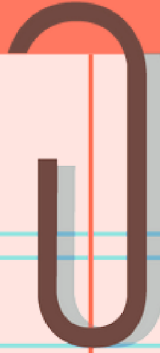
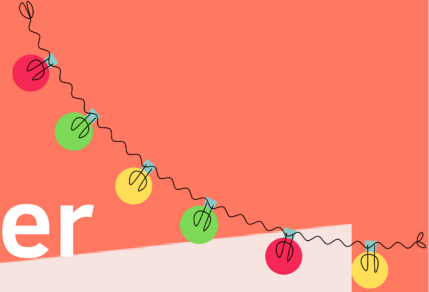




A Writing Exercise Reflect To Empower



Personal empowerment is taking control of your life and your choices. Reflect back on what you want to do again, and which things you want to let go.

Think about your emotions after the past festive season. Did you feel empowered and in control? Why or why not?

What has changed since last year?
(kids ages, interests, seasonal offerings, etc.)

After the reflection, I choose these activities:

Do Again!

Maybe

Not this year

You have taken back your power - well done!