

SHIFT FROM OVERWHELM TO INNER POWER

BY KATIE WHITE

What qualities does this new version have? (tap into 5 senses)

What is this version of yourself, no longer available for?

Write what your day looks like in this new version, as if it's already happening (present tense)

What does being this version of yourself mean to you?

In order to embody this new version of myself, I desire

and I'll make that happen by



THE STEPMOM SUMMIT