

Tool #2 – Granting Permission



To access your true feelings, go inwards and ask yourself the following: “What are the feelings I have at this time?” – Write down whatever comes to your mind

What is one (1) thing you can do today to make time for yourself?

One Minute Exercise:

Take 3 slow deep breaths. On each inhalation, breathe in love and healing. On each exhalation, breathe out any emotions that do not serve you any longer. How do you feel after doing this?
