

Reflect, Reset & Reconnect

Your first step with *That Woman's Journey*

Take a few quiet moments for yourself.

These gentle prompts will guide you inward. With honesty, not pressure.

How do I feel right now? Physically, emotionally, mentally?

What has been taking up the most space in my mind lately?

What is one small thing I'm proud of?

What does my body need today?

What does "calm" mean to me in this moment?

Come back to this page anytime you need to reconnect with yourself.



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