

# 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?

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

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What is one small thing I'm proud of?

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What does my body need today?

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

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



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