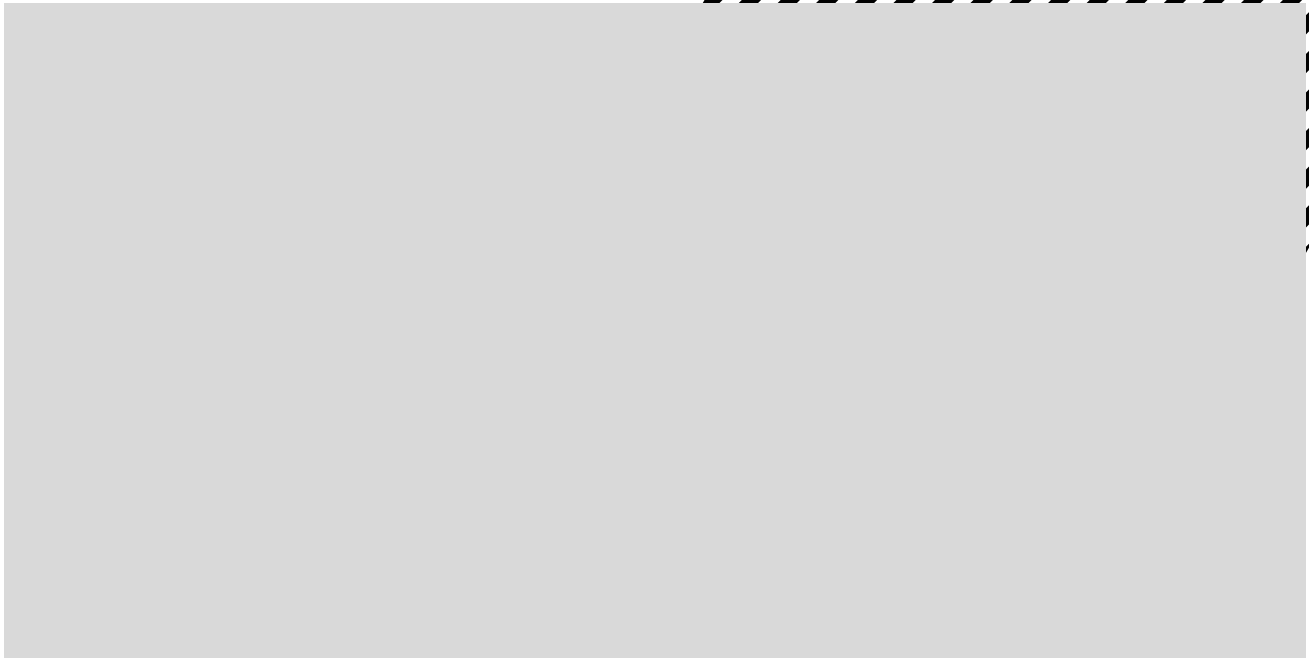


feelings & emotions webinar notes

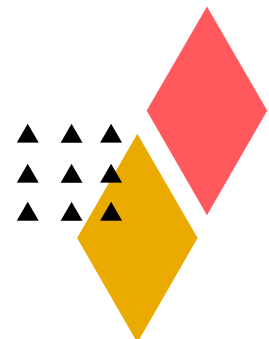
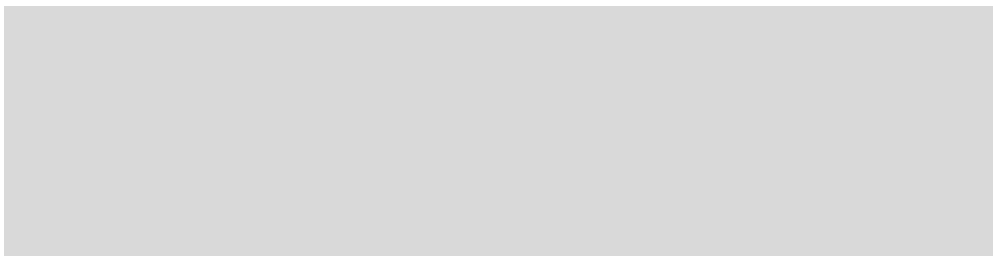
Opening Journal Prompt:



Factors

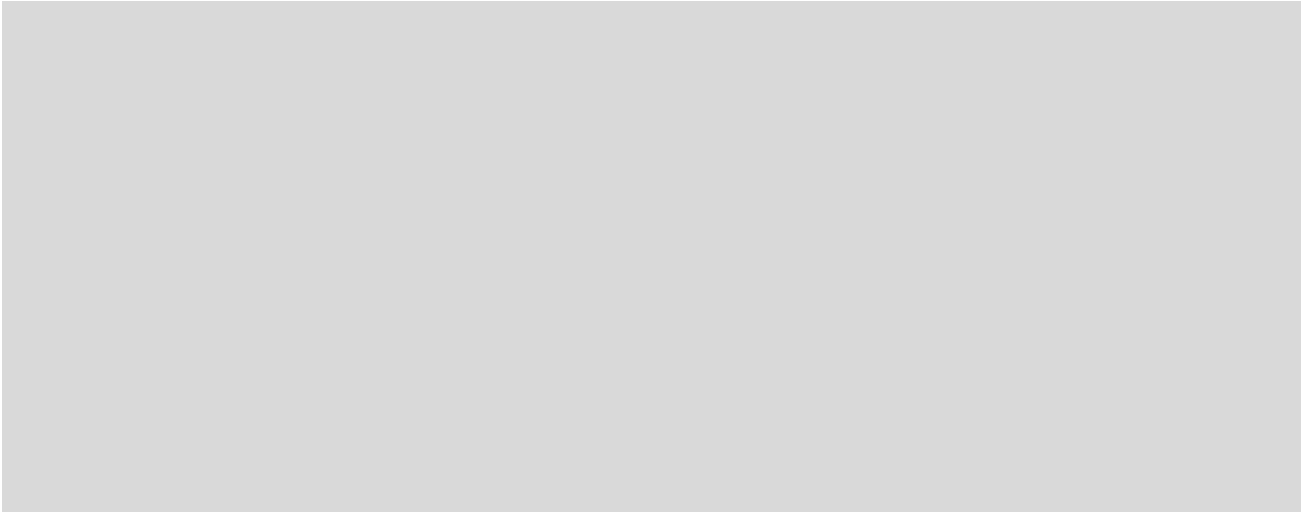


When you hear "grit" or "resilience," what does it make you think of?

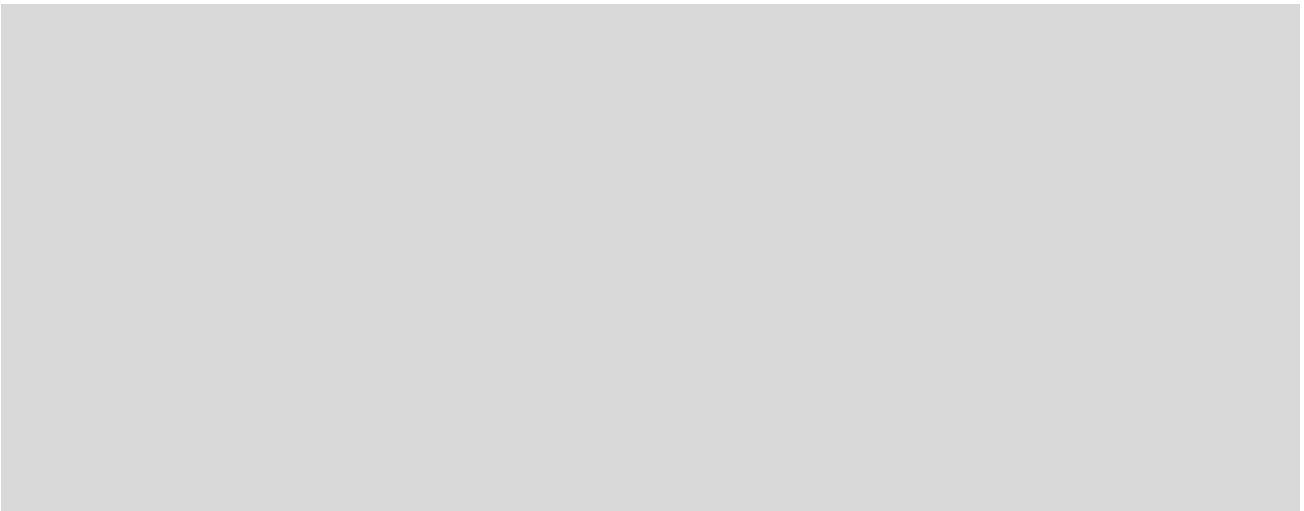


webinar notes (continued)

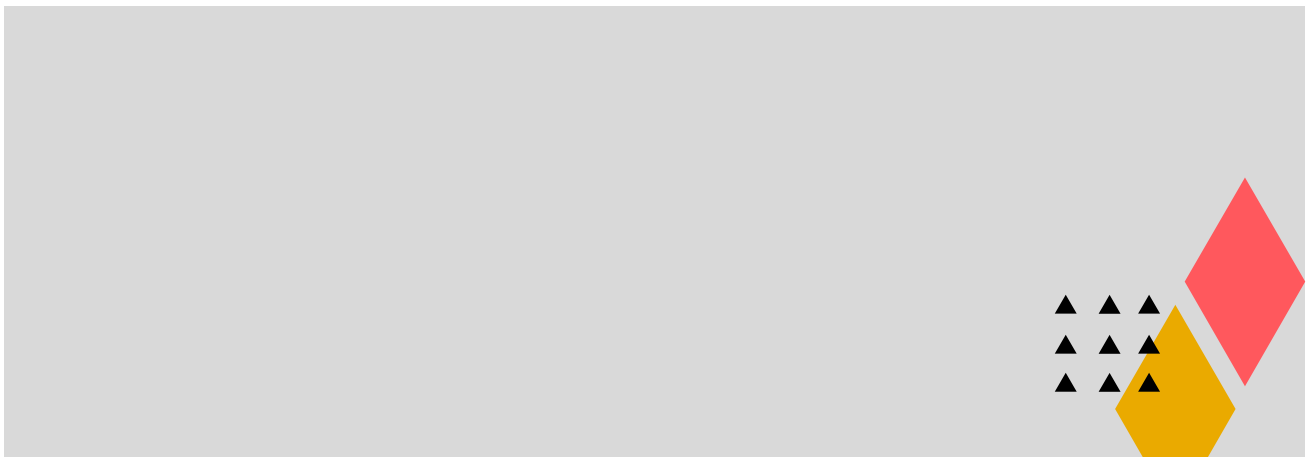
Strategy #1 Notes: Complete a brain dump when you are overwhelmed.



Strategy #2 Notes: Do a morning pages exercise for calm and clarity.

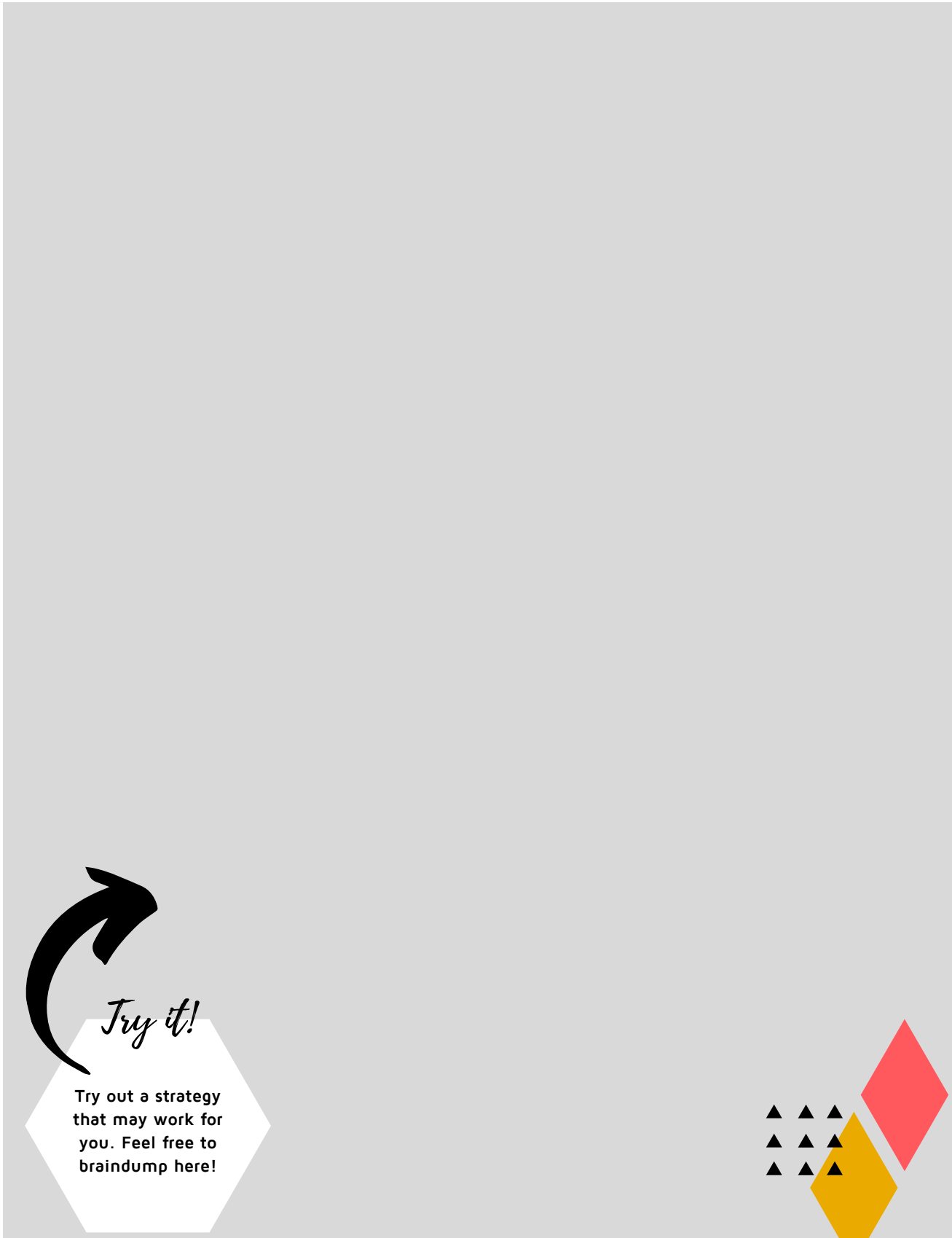


Strategy #3 Notes: Shift your mindset when confused or down.



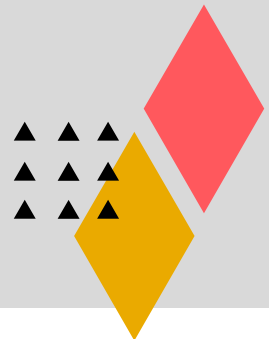
30 minute webinar challenge

Complete your challenge here or in your notebook.



Try it!

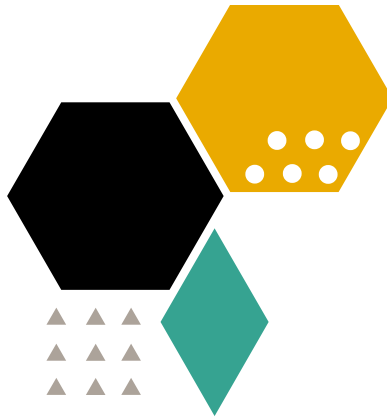
Try out a strategy that may work for you. Feel free to braindump here!





Bonus Tip!

**Notice when
you hesitate to
write something
down.**



Thank You!

FIND OUT MORE ABOUT THE
JUST YOUR JOURNAL FULL COURSE
AT WWW.WRITINGMINDSET.ORG

**STEPHANIE HAMPTON
WRITING MINDSET, LLC
WWW.WRITINGMINDSET.ORG**