



EMbody

by Lo

WEEK 7: JOURNAL PROMPT

Journal: How does building your self-trust lead to self-confidence? Describe what self-confidence means to you; what it feels like and what it looks like.

This Week's Reminders:

- Use your developing consciousness to choose self-confidence.
- Feel empowered through your movement, during each workout.
- Use your journal practice to deepen your understanding of self at a soul level.