

Journaling Activity



Are you a grudge-holder? Is there a benefit to holding these hurts?

Change takes time, energy, resources and sitting in the painful truth.

Are some of your grudges indicative of another, more insidious, issue? Are these issues worth your time and resources to face honestly and learn new skills? By the way, it's okay if you don't want to learn new skills. You are always ENOUGH.

Time Converse