

Episode Notes

BE STRONG

REFLECTION:

Real strength is in acknowledging your weakness.

STEPPING STONE:

- Is there any area where you are taking on too much because you feel you need to be strong or you don't want to let people down?

- Is there anyone in your life who is safe for you and who you could be vulnerable with?

- Check out our self-care series and our resources page with lots of options so that you can create your own support system.

HEART CHECK

Date:

What have you been thinking and feeling today?

