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Teresa D. Huggins: Changing The Story

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Table Question

What do you want?

Journal Prompt

Take a moment to pause and notice what emotions are surfacing for you right now. What information are your emotions giving you? What might it look like for those emotions to transform into motion?

Action Step

Write down your challenges from this past year—identifying any doubts and frustrations. Then create a new column and title it, “what if it could be different?” And then another column titled, “what is this new world going to look like?”

Further reading

- *Pausing Long Enough To Notice* by Teresa Huggins
- *Women Who Empower: 30 Stories to Empower Your Heart and Mind* by Kate Butler