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Rebekah Pahl: Life Wants To Be Lived

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Table Question

What's a trait or quality that you've intentionally sought out and developed for yourself in adulthood that wasn't necessarily given or modeled to you as a kid?

Journal Prompt

In this specific chapter, is life inviting me to uncover my agency through action or rest in surrender? Which comes most naturally to me, and which part of the equation requires more intentionality?

Action Step

Identify something you loved doing in childhood, and find a way to do that something this week.

Further exploration:

Follow Rebekah on Instagram: [@rebekahpahl](https://www.instagram.com/rebekahpahl)

Listen to Rebekah's music on [Spotify](https://open.spotify.com/artist/rebekahpahl)

[Becoming Whole: A Jungian Guide To Individuation](#) by Bud Harris

[Cosmic Love](#) by Florence & The Machine

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