

The Power Within: A Women's Day Reflection

A Gentle Guide to Reconnect with Your Inner Wisdom

We are often taught to look outside ourselves for guidance, clarity, and answers.

But the truth is, the deepest wisdom lives within us. This Women's Day, take a moment to turn inward.

This simple guide offers gentle journal prompts, creative invitations, and a mini challenge to help you reconnect with your own inner knowing, your wisdom that has always been there for you.

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Journal Prompts

1. If I were completely honest with myself right now, I would admit...
2. The part of me I've been ignoring lately is...
3. I know I'm off track when... vs. I know I'm aligned when...
4. A time I listened to my gut and was glad I did...
5. What would my body say to me right now, if it had a voice?

Creative Invitations

1. Draw or paint 'Your Inner Guide' - use colour, shape or symbols to express the energy of your inner wisdom.
2. Create a collage or vision board of images that feel like home-not your goals, but your truth.
3. Use movement or dance to express what it feels like to return to yourself. Let your body lead.

Body Awareness Practice

1. Sit quietly. Place your hand over your heart or belly.
2. Ask your body: 'What do you want me to know?'
3. Then listen-not for words, but for sensations, emotions, or images. Trust what comes.

3-Day Mini Journaling Challenge

- Day 1:** Where have I been silencing myself?
- Day 2:** What do I need to feel safe to trust myself again?
- Day 3:** What truth inside me is ready to be honoured?

Making the most of this...

Write for 5-10 minutes each day.

Let it be imperfect. Let it be yours.

After the three days, take some time to absorb your insights and see where they lead to next.

Your wisdom has
never left you.
It's just been waiting
for space, breath,
and softness.