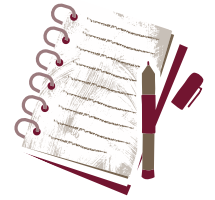


Renewal Begins Before You Need it.



The good news... awareness is where renewal begins.

Journal/Reflection Questions:

What do I need to sustain myself?

What change(s) is on my horizon that I'm not yet preparing for?

Which of these four practices needs my attention most? Why might that be?

What gives me energy? What depletes my energy?

What do I want my next chapter to look like?

What do I want to carry forward into my next chapter.

What do I need to let go of?