



## Journal with the Light

### You Can Take a Stand Without Being Angry

#### Quote for Reflection

"You can take a stand even against perceived enemies who wish you harm—and remain true to your values and intention."

"The question that changed everything: What do I want?"

Pause and breathe. What do these words awaken in you? Write freely:

#### Writing Prompts

1. Where have I let anger take the lead before I even knew what I truly wanted?
2. What does it mean for me to take a stand that reflects who I am—not just what I'm against?
3. What would shift in my life if I paused to ask myself, 'What do I want?' before reacting?



### Gentle Affirmations

Complete the sentences below:

- I take a stand when I...
- My values guide me to...
- I no longer need to...

