



## Journal with the Light

### You Can Be Bold Without Being Combative

#### Quote for Reflection

"True boldness is quiet confidence."

"You already are bold. Let's just help you recognize her again."

Take a moment to read these slowly. What do they stir in you? Write your thoughts below:

#### Writing Prompts

1. Where have I held back because I didn't want to seem "too much"?
2. What does boldness look like for me—when I'm not trying to impress or defend?
3. What message about boldness did I inherit growing up? Do I still believe it?



Complete the sentences below:

- I am bold when I...

- My light shows up in...

- I no longer need to...

