



Journal with the Light

You Can Create Change Without Burning It All Down

Quote for Reflection

"You don't have to tear everything down to make a change. You just need to take one intentional step in the direction of your desire."

"Knowing what you don't want isn't enough—you need something pulling you toward what you do want."

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

Writing Prompts

1. What's one change I've made in the past without burning it all down? What worked about that approach?
2. What do I want right now—today—in my life?
3. What small, consistent action could I take toward that desire without overwhelming myself?



Gentle Affirmations

Complete the sentences below:

- I create change when I...

- I trust myself to...

- I no longer need to...

