



COFFEE TALK WITH TAUNIA DAWN

Questions for Self-Reflection:

- 1) What key realizations or insights did I get from this session?

- 2) What are 1-2 ways that I can incorporate this awareness into my life?

My Action Step:

Give yourself permission to experiment this week (without judgment, guilt, or shame).

Choose one action step that would support you in honoring the insight you received. **This week, I will...**

Bonus action step: *Get a notebook or journal and record today's insight(s) and the action step you're choosing to support yourself. Record your experience of what happened when you took action on behalf of yourself.*

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