

Lean Into Your Discomfort

| Date | / | / | |
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Journaling tips

Think about items or scenarios that bring you discomfort. What stories have you told yourself about these items? Make a plan for how you will lean into these areas of discomfort.

| The items that bring me discomfort are: | | | | |
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| The items that bring me discomfort are: | | | | |
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| The stories I tell myself are: | | | | |
| The stories i tell mysell are. | | | | |
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| My plan of action is: | | | | |
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| | Pro tip | | | |
| | The more you lean, the more you'll | | | |
| | grow! Embrace the process and the | | | |
| | discomfort fully | | | |