




An FREE workbook

HEALING **THROUGH** **QUARANTINE**

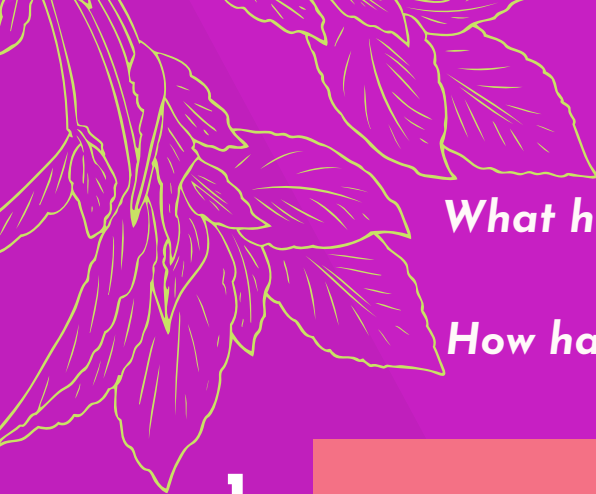
Reflections & Intention setting

Reflections & Intention setting

FearlessFemme100



Join the IG stories challenge +
invite your friends.
Or download a FREE PDF



Quarantine Reflections

What have you learned about yourself during Quarantine?

How has it changed you for the better or worse?

1.

2.

3.

4.

5.

@FearlessFemmel100





Quarantine Intentions

What change do you hopes comes out of this pandemic? On a personal level? On a community level? On a systemic level?

1.

2.

3.

4.

5.

@FearlessFemmel100

