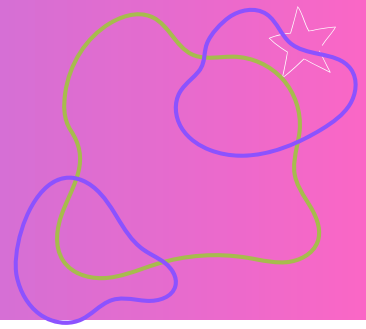


**empower  
your inner  
voice**



# EMPOWERING YOUR INNER VOICE



**DATE:** \_\_\_\_\_

**MY GOAL THIS MONTH:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WHY?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EMPOWERING YOUR INNER VOICE

this month, we're diving deep into the power of your inner voice - the quiet, intuitive guide that helps you navigate life's challenges with clarity and confidence.

through self-awareness, self-discovery, and intentional practices, you'll strengthen your connection to your inner wisdom, building self-trust and unlocking your potential for growth.

CULTIVATING  
SELF-AWARENESS

EXPLORING YOUR  
INNER WISDOM

STRENGTHENING  
SELF-TRUST

LISTENING IN  
DECISION-  
MAKING



@innerdragonwisdom

# EMPOWERING YOUR INNER VOICE



## CULTIVATING SELF-AWARENESS

spend 5 minutes in silence each morning this week. notice your thoughts, emotions, and physical sensations without judgment. write down any recurring patterns or insights below.

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## EXPLORING YOUR INNER WISDOM

think about a past decision that felt intuitively right. write about how you made that choice and what it taught you about your inner wisdom.

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## STRENGTHENING SELF-TRUST

identify one small promise you can make to yourself this week. write it down and track your progress each day.

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## LISTENING IN DECISION-MAKING

the next time you face a decision, pause and ask yourself, "*What feels right for me?*" write down your thought process and the outcome.

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