



"I don't need your permission"

Self Care Mantra Practice

JOURNAL QUESTIONS

BY TARA FOURNIER

WWW.TARAFOURNIER.COM

COPYWRITE 2018 MY DIVINE COMPASS, LLC

1. What situations in my life presented themselves to me during my mantra meditation?
2. Who is the person (or people) involved?
3. What emotions surfaced during this mantra meditation?
4. If I look this situation and person involved right in the eye and say, "I don't need your permission" what may happen to me?
5. How can I empower myself to take charge of my life in this situation?
6. If I decide not to empower myself, how will I feel in the future?
7. How will I feel in the future if I do give myself permission?
8. Who will I be empowering if I decide to fully empower myself?