



Go to Inner Space

Name / Call Sign

I'm going to Inner Space to better understand my feelings and needs in my situation.
By going to Space, I can rebalance Dark Energy and protect our universe!



State what happened What happened?



Place your feelings How do you feel?



Add your needs What need is met or unmet?



Center yourself Do you need a break? How can you reset?



End with a plan What can you do now?