

RESTORATIVE WRITING PRACTICE

RESTORE

BY ALEXANDRA ELLE

WELCOME TO YOUR

Restorative Writing Practice.

NAME WHAT IS FEELING HEAVY FOR YOU

Today, I am carrying:

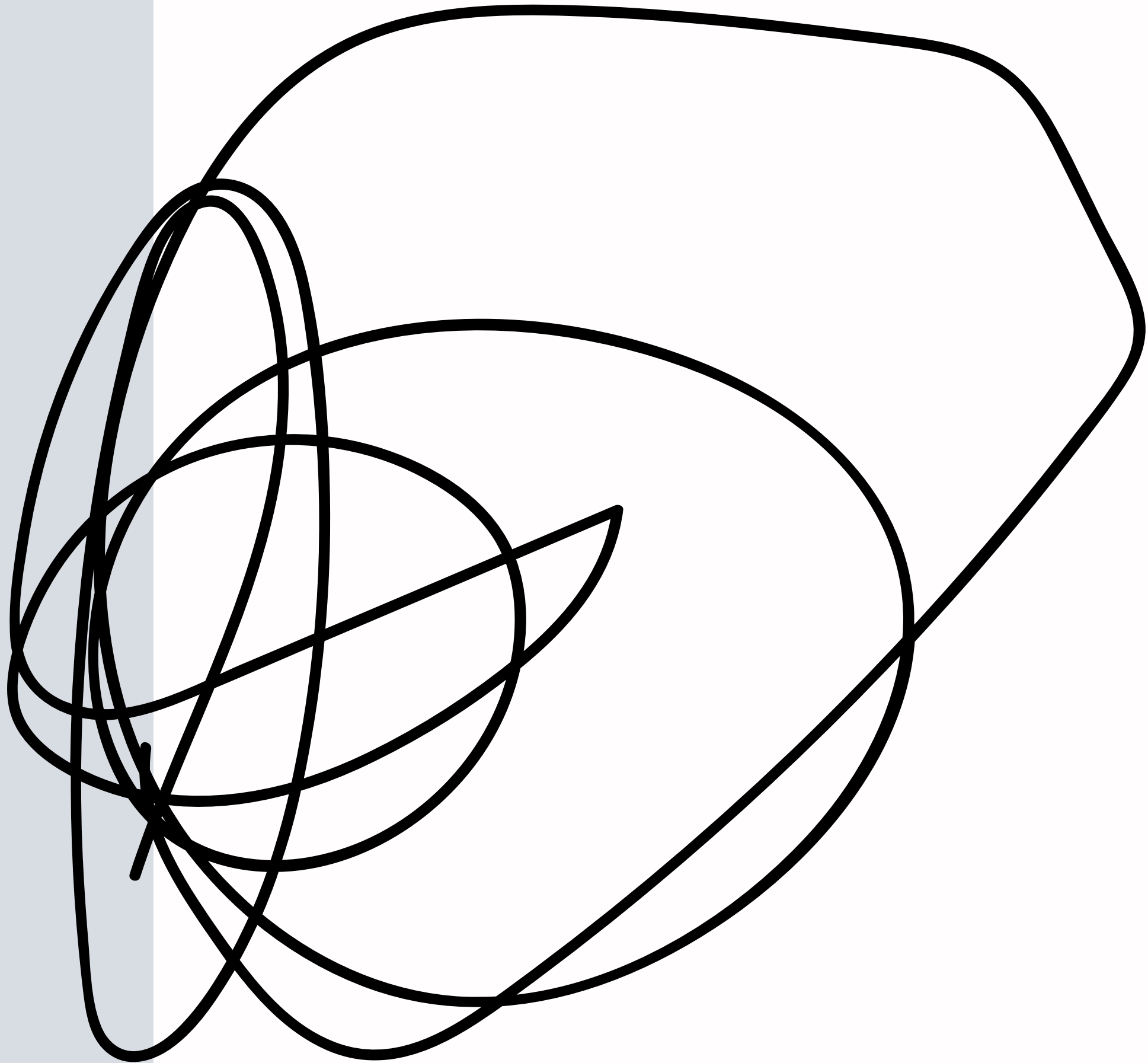
1.

2.

3.

4.

5.



**EVEN IN CHAOS, I
CHOOSE TO FIND MY
WAY BACK TO CALM.
-ALEX ELLE**

NAME WHAT YOU NEED TO START OR CONTINUE HEALING

Today, I need support in these ways:

1.

2.

3.

4.

5.

List people in this box that you can count on for
support

**EVEN IN
FEAR...**

I AM

OPEN TO...

I CAN

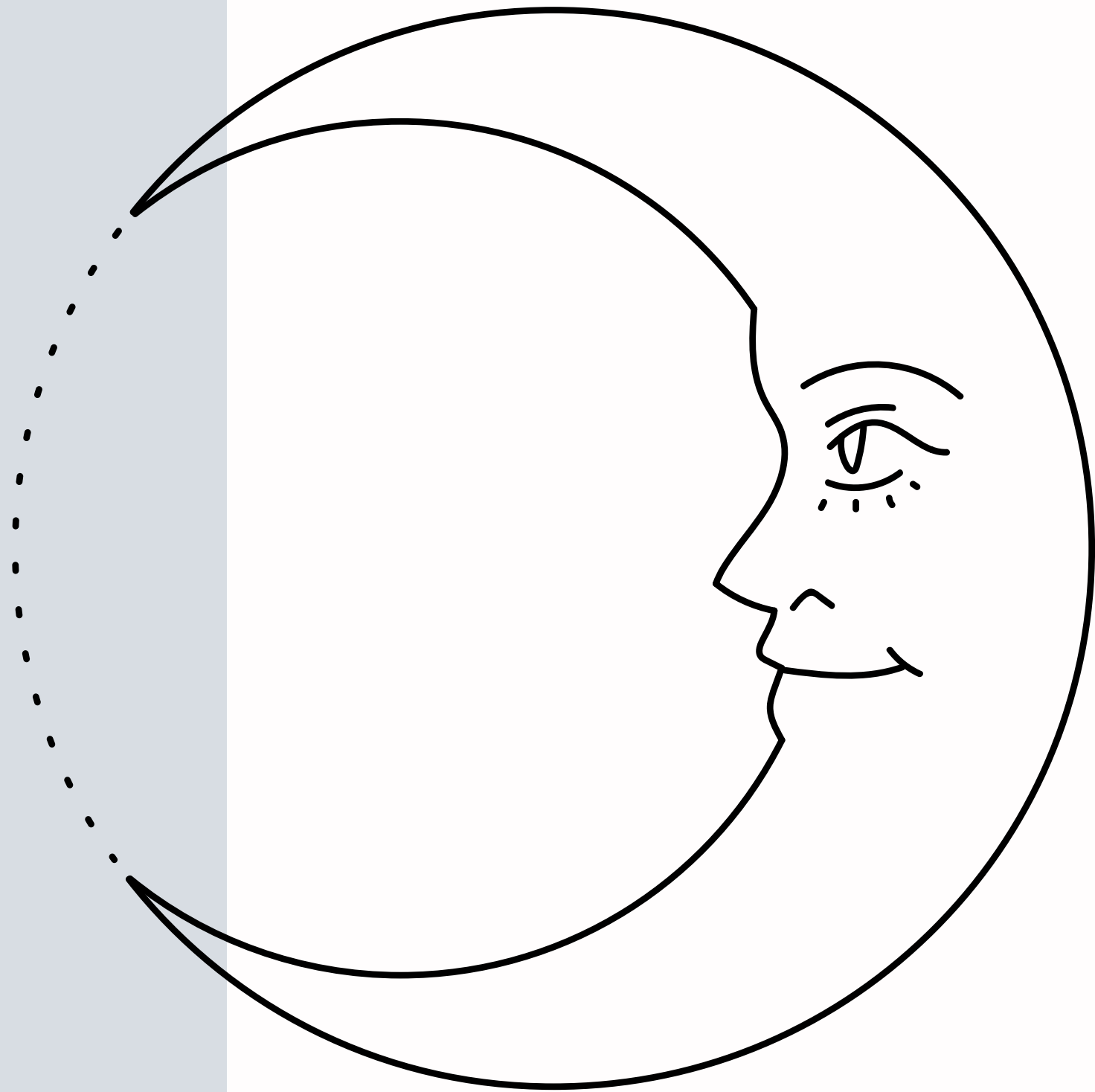
BECOME...

I HAVE

THE POWER TO...

I WILL

SHOW UP FOR...



**JOY MAY NOT COME
TOMORROW, BUT I AM
TRUSTING THAT IT'S ON
THE WAY. -ALEX ELLE**

NAME WHAT YOU'D LIKE TO LET GO FOR NOW.

Today, I am releasing:

1.

2.

3.

4.

5.

FINISH THIS AFFIRMATION:

I CAN LET GO OF:

**Take Care,
Community.**