

TAHRA Learning Lab Your Wind and Your Wake

In the process of learning how to better care for ourselves, it is important to take time to think about the path we have navigated so far.

Invest in yourself today by meditating on the questions below as you craft your personal narrative.



Identify those who have encouraged you and lifted you up.

Identify at least 3 major life goals you have accomplished.

Identify your Lighthouse, the light leading you to the ultimate goal and purpose of your existence.

Identify challenges that may still need care and attention.

Identify major challenges you have overcome.