

Journal Prompt

Day 18: Obstacles, or Opportunities?

Consider some of the major challenges and/or obstacles that you’ve faced and moved through in your life. Choose one (or a few) of these instances, and then reflect:

- What did you learn by facing this challenge or obstacle?
- How did you grow through the process of moving through the obstacle?
- What do you know now, or what are you able to do now, that you weren't able to do before facing this obstacle?

