

# Journal

Date: / /

Astrological Event: New Moon in Libra 2022

**1. Where do I have that “ick” feeling inside when I imagine letting another person down?**

**2. What do I think I “should” do versus what I really want to do?**

**3. How can I find the courage to take care of myself first?**

**Key Take-Away:**





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**4. What positive outcome could the other person ultimately experience because I have not tried to rescue them?**

**5. How will I be positively impacted by finding the courage to take care of my needs first?**

Key Take-Away: