



# PRESSURE IS A PRIVILEGE

— TOM CRUISE

TURN PRESSURE INTO CLARITY

FIVE JOURNALING PROMPTS TO HELP YOU REFRAME FEAR, BUILD RESILIENCE, AND RECONNECT WITH YOUR PURPOSE.









# THIS IS JUST THE **BEGINNING**

GROWTH ISN'T A ONE-TIME PRACTICE — IT'S A WAY OF BEING.

Use these prompts anytime you feel the pressure rising, and let them guide you back to clarity and courage.

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