



**Let's work through our shit: Art & journaling
Prompts to dig into to our shitty side so we can
find our badass selves**

Heather Marsh

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Take a journey of self discovery. This journal will prompt you through art, and writing exercises, so you become aware of things you may be carrying around with you. Realizing the things you tell yourself everyday that are limiting your true potential. see how your current thoughts and behaviors are creating your life situations.



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