

WHOLE DAMN WOMAN

What Makes You Feel Whole?

Step One: Understand Your Wholeness

TASK: Pick one of these definitions of “wholeness” from *Merriam-Webster* to guide you:

1. free of wound or injury: UNHURT
2. mentally or emotionally sound
3. recovered from a wound or injury: RESTORED
4. being healed

Step Two: Recognize Wholeness as Your Birthright

You were born & are still whole. Only social expectations make you feel lesser.

TASK:

- Create a daily mantra to acknowledge your wholeness like: “I am whole. I have always been whole. No one can take my wholeness from me.”
- Connect it to your chosen definition of wholeness.

Step Three: Notice What Makes You Feel Lesser

Large social structures like religion, education, economy, politics, families exist to regulate behavior even if those regulations are unjust. Those how social expectations are formed.

TASK: Think of social structures influencing your life, then list them. Find the unjust expectations chipping away at your wholeness. This can be overwhelming, so take your time.

Example: **Economy:** Work at least 40 hours a week; live in poverty while making minimum wage

Step Four: Pick a Wholeness Practice

TASK: Pick one expectation you want to challenge & change for yourself. Devote at least one hour of action, research, & conversation to understand alternatives & helpful practices.

Example: Unjust Expectation—Work more than 40 hours a week

- **Boundary:** Do not work more than I get paid
- **Practice:** Set alarms, set timed tasks, find an accountability buddy
- **Reminder:** Write a script to stand up for that boundary

Step Five: Practice Your Wholeness

Find at least a minute each day to say your mantra, practice your wholeness with an action or conversation, & make time for your wholeness self-care!