Women of Africa Care Pty Ltd

WOAC On Air – 21 July 2022

Inspiration brought by Angelina & WOAC team

Episode 8 – Self-Reflection-15-21 Days - Growing Pains

Angelina alongside Tanya, Carina and Judy discuss self-reflection days 5-21 journal guide – Key outcomes - getting to know your real You – it's about discovering areas that need attention in your Spirt and Soul (mind, will and emotions). We call this session growing pains! Because letting go of old habits, and poor thinking can be a challenge, intimidating and overwhelming, but letting go is necessary if you want to live in the full measure that God destined you to live in, refer 40-day journal guide Days 15-21 for this session.

