

Hardship to Hope

Session 9 In-session meditation

Pathways to Financial Wellness

This is your resilience exercise for mindfulness.

The focus is Pathways to Financial Wellness

Begin 4-7-8 breathing exercise. (Repeat 4 times)

Breathe in stress, tension, fear or any whatever you want to let go of and breathe out peace. We're turning stress into peace and sharing it with the group.

You are more than a dollar sign. Building your sense of worth through the different pathways to financial wellness has been the foundation for the past nine weeks. That included concrete pathways such as working with a financial counselor to create a budget, access resources, and credit repair. Identifying your capital in different areas like social, material and human as well as your barriers will begin to clear the way forward. Your journey is just starting and it's an exciting one.

Come back slowly leaving stress behind.