

**“You always have a choice. Even when it doesn’t seem like there is a choice.”**

Sunny, 2020

### Reflection

Take a moment to check in with your body. Try to locate your seat of power - the part of you where goodness, light, and dignity are stored. Place your hand on top of it.

Remember, your seat of power belongs to you and only you. It will always be yours, and no one can ever take it away. It’s up to you to use it.



Art by Carl M.

### Questions

What is a choice you made that you are proud of?

What can make it difficult to make the right choice? Why?

Reflect on your seat of power. Where does it come from and how can you use it to help yourself and others?