



Denny Stockdale



Mission:
To create a kinder world through writing, music
and the power of Encouragement

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OPPORTUNITIES



- You give yourself permission for self-expression
- You find strength in the stories you discover and uncover
- You create safe space for you and others
- You courageously express your own value and worth
- You live a more fulfilling life full of kindness
- And more ...

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What is safe space?



A place where you feel free to express yourself and appreciate you.

- Writing without self-criticism
- Writing to express instead of impress
- Your thoughts are yours. Learn to guide your thoughts through honoring your own safe space
- Honor yourself. Only share your writing with those who will encourage and guide you.

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Writing Exercise / Experience How to create your own safe space



Write for a few minutes about how you will create your own safe space.

- Perform a writing ritual each time you sit down to write. ...
- Ground yourself before you write. Breathe. Pause. Repeat.
- Let your writing lead you.
- Stretch your risk-taking muscles daily.
- Give yourself permission to explore your deepest secrets
- Remember – your writing is your writing. You can keep this as private as you want. You don't have to keep what you wrote.
- Any form of writing is acceptable.
- Be gentle with yourself – and others.

BE GRATEFUL

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Action Items:



- Write about different types of rituals you might use. Explore possibilities and options.
- Consider writing about gratitude and how that would influence your life from this point forward.
- Your ideas?

Please share your answers on www.TheKindnessConcert.com

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Instruction does much,
But ENCOURAGEMENT
does everything
Johann Wolfgang Von Goethe



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FOR PARTICIPATING

Inspired living through writing

Creating Safe Space

Please join our community at
www.TheKindnessConcert.com

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