

Journaling prompt



Rage and social transformation

Rage tells you where your boundaries are. It's an indicator of what you want or must say no to. What you will not abide. It tells you the kind of world you want to live in or don't want to live in.

As you observe the world around you, you will see and hear things that spark anger in you. This is important information. It tells you something about a change you're being drawn to take action on, in the world.

Action

Take 10 or 15 minutes to journal around this question; what do I refuse to be complicit in, abide by, or allow to happen anymore?