



# Go to Inner Space

Name / Call Sign

I'm going to **Inner Space** to better understand my feelings and needs in my situation.  
By going to Space, I can rebalance Dark Energy and protect our universe!

**S**

**State what happened** What happened?

**P**

**Place your feelings** How do you feel?



**A**

**Add your needs** What need is met or unmet?

**C**

**Center yourself** Do you need a break? How can you reset?

**E**

**End with a plan** What can you do now?