



**WOMEN
VETERANS**
EMPOWERED & THRIVING

EMPOWERMENT WRITING

Prepare your space:

Before your online session we recommend that you take a few minutes to prepare your space.

Check your connection and have headphones nearby (if desired)

Blank paper, notebook or journal

Find a quiet space where you are not likely to be disturbed (if possible)

Water and light snack nearby (if desired)

