

SURVIVING A TOWER MOMENT

WHAT TO DO WHEN YOUR WORLD SEEMS TO UNRAVEL

A tower moment is when things in your life change abruptly; sudden endings whether it is a job, a relationship, friendship, etc. It usually doesn't feel good, but instead it feels like someone punch you in the gut. But this sudden event does two things it allows you to see what is truly important and essential to you and clears the path for new growth and potential. However when you are going through it, self care and reflection is the key to dealing with Tower moments.

1. What self care makes me feel grounded and at peace?



2. How can this sudden change be beneficial? What is something new I can do now that I couldn't before?



3. What new information did I learn about myself? What are my priorities now?



Remember to give yourself grace as you deal with this sudden shift of life. An affirmation that I repeat to help me through a Tower moment is: *Everything is always working out for me.*