

Norkova – Virtual Guided Journaling

Rachel Hurmence + Kate Allen

February 10th, 2023

6:45am MST

What is Norkova? & Who are we?

- **Norkova:** Norkova is a mental health and community focused non-profit, founded about 3 years ago. We are based in Salt Lake City, but anyone is welcome to come to the Zoom seminars. The purpose to to foster community and be around like-minded people to help and encourage each other to grow. You are only as good as your environment around you, so Norkova is here to help make each other better people and make this crazy life more enjoyable :)
- **Kate:** From Southern California originally, been in Utah for 3 years, Salt Lake for 2. For my “day job” I’m a healthcare tech consultant, but I have various side projects and passions. I started Norkova about 3 years ago, first to provide financing for mental health needs, but in the last year transitioned it to a women’s group focusing on community and mental health.

Rachel: From Georgia, been in SLC for 1.5 years, Functional Medicine Health coach with a passion for personal development, self care, and building a community in SLC to support one another in our self love journey.

February Focus: Self Reflection

- Grounding Exercise
- Journal Prompts
- Group Discussion

Reflection



Reflective practices give us an opportunity to learn about ourselves and prepare for the future.

Grounding Exercise



Sit or lay down in a comfortable position making generous contact to the surface beneath you.

Journal prompt #1 (5-7 minutes)

In the first month of 2023, what have you accomplished? What are you proud of?

Why is that accomplishment meaningful to you?

Journal prompt #2 (5 minutes)

1. What makes you feel calm?
2. What makes you feel in control?
3. What makes you feel powerful?

Journal prompt #3 (5 minutes)

What are 3 things you can do this month to show yourself love and acceptance?

Group Discussion



If you want to share...

What are you proud of
accomplishing in January?

Or

What emotions did those
questions evoke?