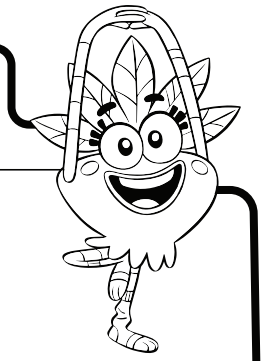
Name _____ **Date** _____

When Have You Released Your Warrior?

Check out the **Release Your Warrior** video on the **Empower Tools** channel.



Warriors have the following traits: strength, courage, focus, determination, balance, and compassion. Write about a time you were a warrior and showed one or more of the above traits. In your writing, describe:

- The details of the event or time you released your warrior.
- How you showed one or more of the traits above.
- How you felt after you released your warrior.