

PHOENIX RISING | LESSON 8

The Story Continues Through You

# Liberator's Reflection Journal

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A sacred journal for reflecting on your transformation, writing your Liberator's Covenant, and composing a legacy letter to those who follow.



PHOENIX RISING

Anti-Racism Leadership Programme

[oxytocin-anti-racism-training.com](http://oxytocin-anti-racism-training.com)

*"When I began this journey, I thought I was broken. I wasn't. I was awakening."*

## About This Journal

This journal accompanies Lesson 8: The Story Continues Through You—the final lesson of the Phoenix Rising programme. It is a space for deep reflection on your transformation, your legacy, and the commitments you carry forward as a liberator.

*This is sacred space. Take as long as you need. There is no deadline for becoming who you are meant to be.*

## Part 1: The Journey So Far

Look back across all eight lessons. What has shifted in you?

### Lesson 1: The Phoenix Awakening

**What did the Phoenix Pause awaken in you?**

### Lesson 2: The Masks We Wear

**Which script did you begin to rewrite?**

### Lesson 3: Speaking Truth to Power

**Which emotion did you reclaim?**

### Lesson 4: The Architecture of Power

**What invisible power did you name?**

### Lesson 5: Rewriting the Rules

**What system did you begin to challenge?**

**Lesson 6: Ubuntu**

**How did collective healing change your understanding?**

**Lesson 7: Collective Action**

**Who did you bring into the movement?**

**Lesson 8: Legacy**

**What will you carry forward?**

## Part 2: Your Liberator's Covenant

Write your personal covenant—a sacred promise to yourself and your community. This is not a performance target. It is a way of being.

### I commit to...

#### In my daily practice:

#### In my relationships with colleagues:

#### In my advocacy for patients and carers:

#### In my own ongoing learning:

## Part 3: Legacy Letter

Write a letter to the person who will follow in your footsteps—a future colleague, a junior nurse, a student. What do you want them to know?

### Dear future liberator...

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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*"You are not completing a programme. You are beginning a legacy."*