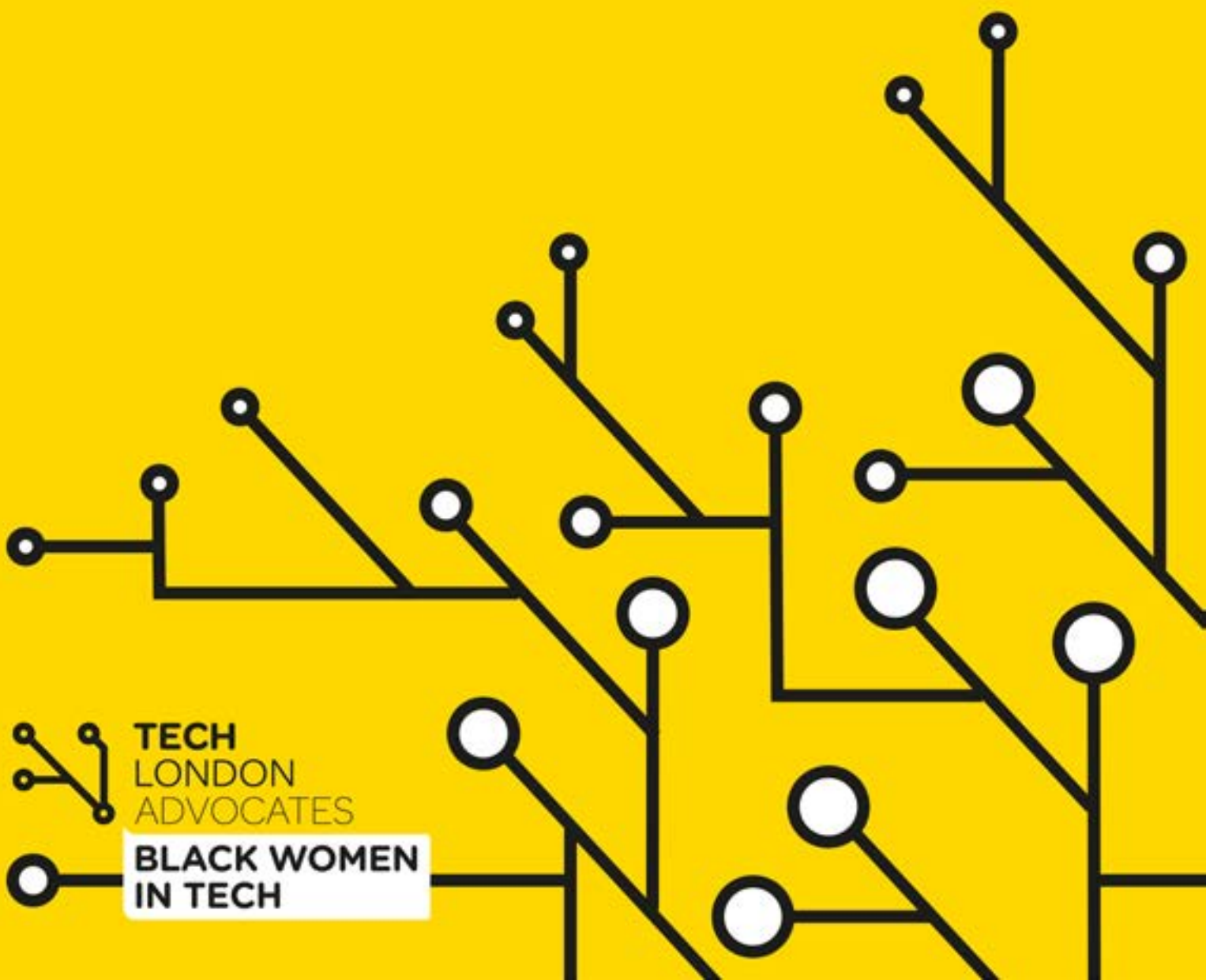


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# *Blossom*

JOURNAL



**TECH  
LONDON  
ADVOCATES**

**BLACK WOMEN  
IN TECH**



*"Be so good at  
what you do, they  
can't ignore you."*

- FLAVILLA FONGANG



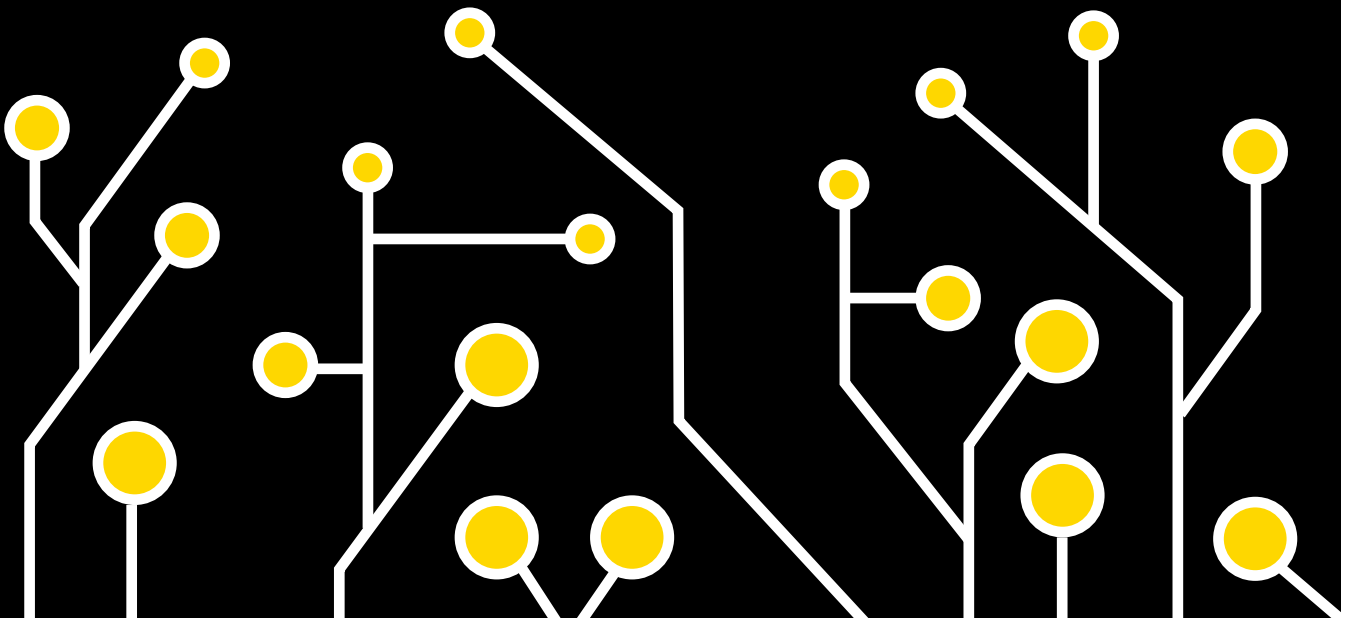
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# INTRODUCTION

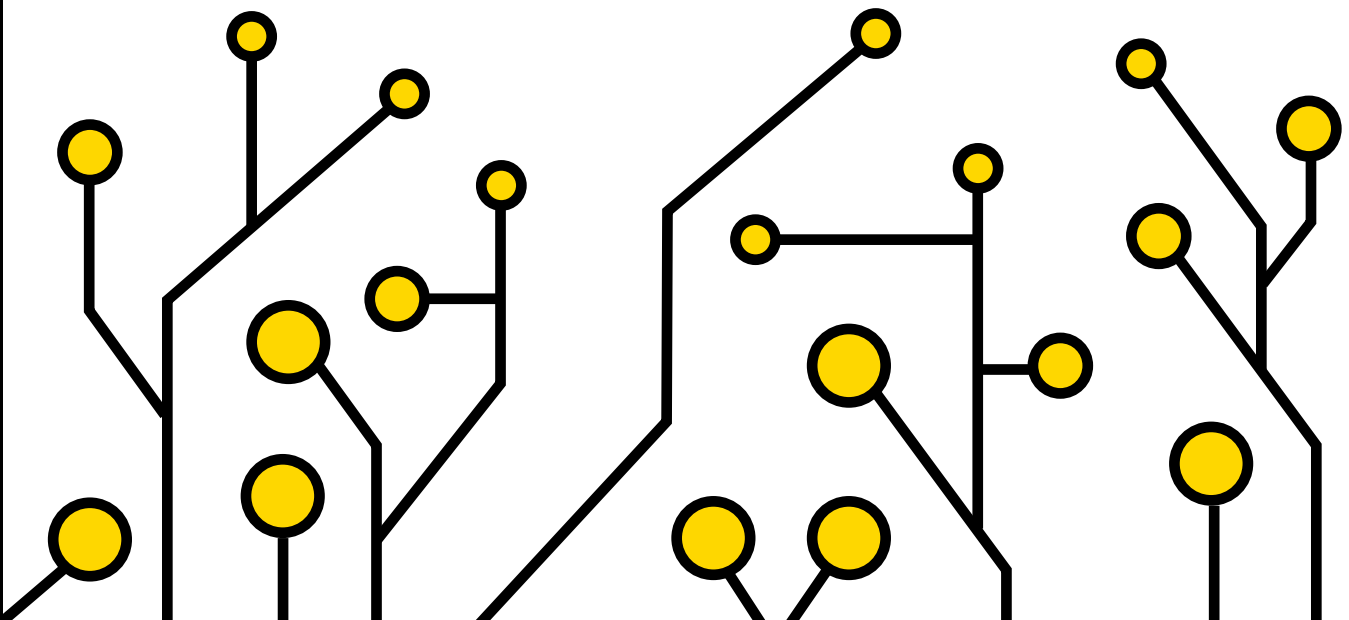
Welcome to your 90-day Blossom Journal! Split into 4 sections, this journal aims to help you reflect and reframe your life to make the most of every day. As you advance through each section, you will begin to understand yourself and your biggest dreams better. This journal is a safe space for you to explore your thoughts and cultivate healthy habits of mindfulness, self-empowerment and dreaming big. What are you waiting for?

Start your journal when you have read all the stories of the fabulous women from 'The Voices in the Shadows'. When you complete your first 90 days, start a new journal and continue your journey.



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Section 1 – Breathe & Imagine .....	3
Section 2 – Dream In The Present .....	4
Section 3 – Gratitude & Attitude .....	7
Section 4 – Doing & Journaling .....	21





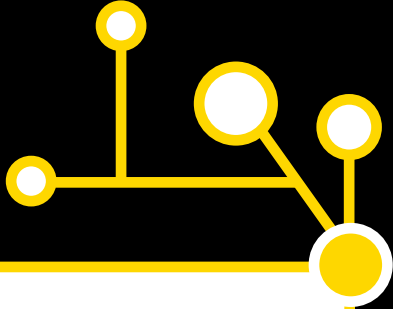
*"Finally, I was able  
to find my magic and  
fulfil my purpose"*

- KRYSTLE MCGILVERY



TECH  
LONDON  
ADVOCATES

BLACK WOMEN  
IN TECH



*"I took a deep breath in and  
breathed out my own truth:  
these people who think so  
little of me, don't know what  
I am capable of achieving.  
Only I know that."*

- DEBORAH WOMACK



# SECTION 1 – Breathe & Imagine

We all have a million and one things going through our mind at any moment. It's hard to get a quiet minute in there unless you make time for it – time to relax, refocus and refresh. Try the One Minute Breathing technique described below at the start and end of every day.

## ONE MINUTE BREATHING

- 1 Get comfortable in a quiet environment, standing with your feet grounded on the floor or laying down.
- 2 Close your eyes and set an intention to clear your mind. An intention is something that you want to do or achieve.
- 3 Take a deep breath in to fill your belly with air. As you breathe in, slowly count to 10 and mentally scan your entire body from your toes all the way to the top of your head, focusing on each part of your body as you do. Hold your breathing for 3 seconds.
- 4 Count to 10 as you breathe out, controlling the air leaving your lungs at a slow pace. In your mind, scan back down your body in the same way as before.
- 5 Repeat this for one whole minute, only listening and feeling your breaths and not letting anything else steal your focus.
- 6 Open your eyes and embrace the calm. Allow your mind to wander once again and start imagining the endless possibilities for your day.

And that's it! Try and implement this into your daily routine whenever your mind just needs a moment. Soon enough, it will become the moment you most look forward to.

*Breathe in*

**HOLD**

*Breathe out*

# SECTION 2 –

## Dream In The Present

After taking a minute to open your mind with our breathing exercise, it is time to use that blank canvas to dream big. Dreams form the basis for actionable goals, so it is important to dream without any limits – you are capable of doing whatever you put your mind to. Stretch your imagination and do not hold back when answering the following questions. Think about your future career, your health and wellbeing, your relationships with others and, most importantly, your relationship with yourself. This page will help you discover your biggest and best dreams.

### WHAT WOULD YOU LIKE TO ACCOMPLISH OR BE IN THE FUTURE?

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### HOW WOULD YOU LIKE TO IMPROVE THE WORLD WHILE BEING IN TECH?

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### WHICH STORIES FROM 'THE VOICES IN THE SHADOWS' INSPIRED YOU MOST & WHY?

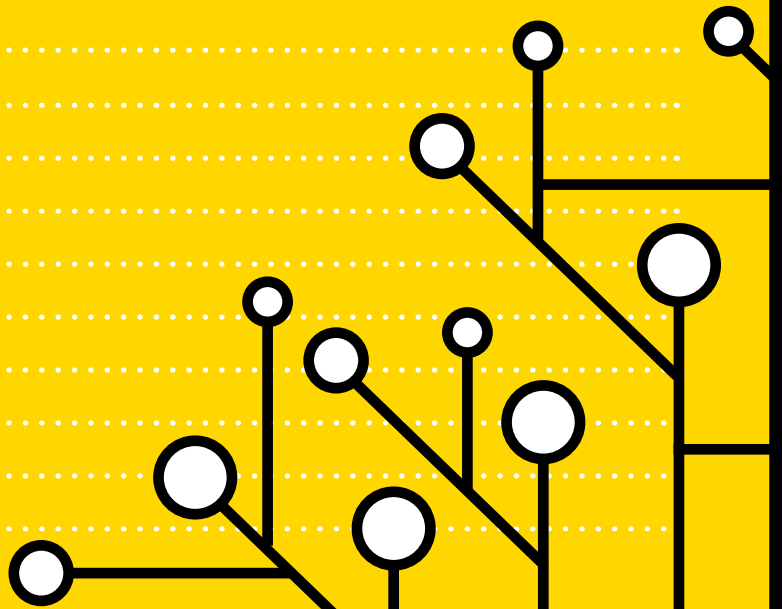
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The women from 'The Voices In The Shadows' have all shared advice they would like to tell their younger selves. What do you want to tell your future self? On the next page, write your letter and read it as often as you can to motivate you every day.



# *Letter to my future self*

A series of horizontal dotted lines for writing.





*"You'll either **win** or  
you'll **learn**, you'll  
**never lose**."*

- KARIMAH CAMPBELL



TECH  
LONDON  
ADVOCATES

BLACK WOMEN  
IN TECH

# SECTION 3 – Gratitude & Attitude

Life is all about how you look at it and what you focus on. Things do not always go right for anyone, but if you empower yourself to see everything through a lens of gratitude, small wins become big wins and failures become growth. Start your week by filling out these thought starters to help put gratitude into your attitude.

## EMPOWERING AFFIRMATIONS

My mind is calm. My body is at peace with itself. I am unique. I am strong. I am loved. I am a problem solver and I will find a way. I am worthy of my biggest aspirations. My voice deserves to be heard.

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## THIS WEEK I...

### AM GRATEFUL FOR:

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### AM PROUD OF MYSELF FOR:

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### WILL CHALLENGE MYSELF TO:

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## HABIT TRACKING



One-minute breathing daily	✓		✓	✓	✓	✓	
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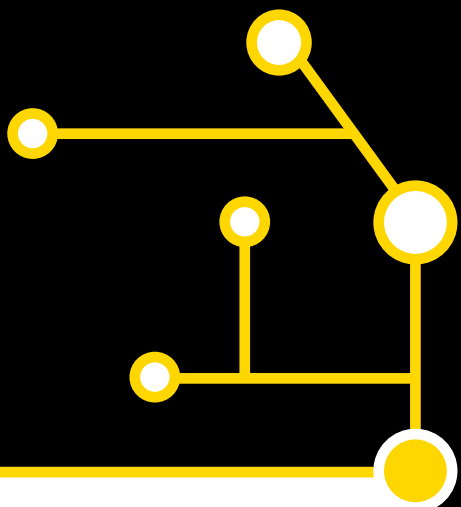
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*"Do not worry so much about  
thing you cannot control.  
Embrace new opportunities  
and put yourself out there."*

- IMISI FAKUNLE



TECH  
LONDON  
ADVOCATES

BLACK WOMEN  
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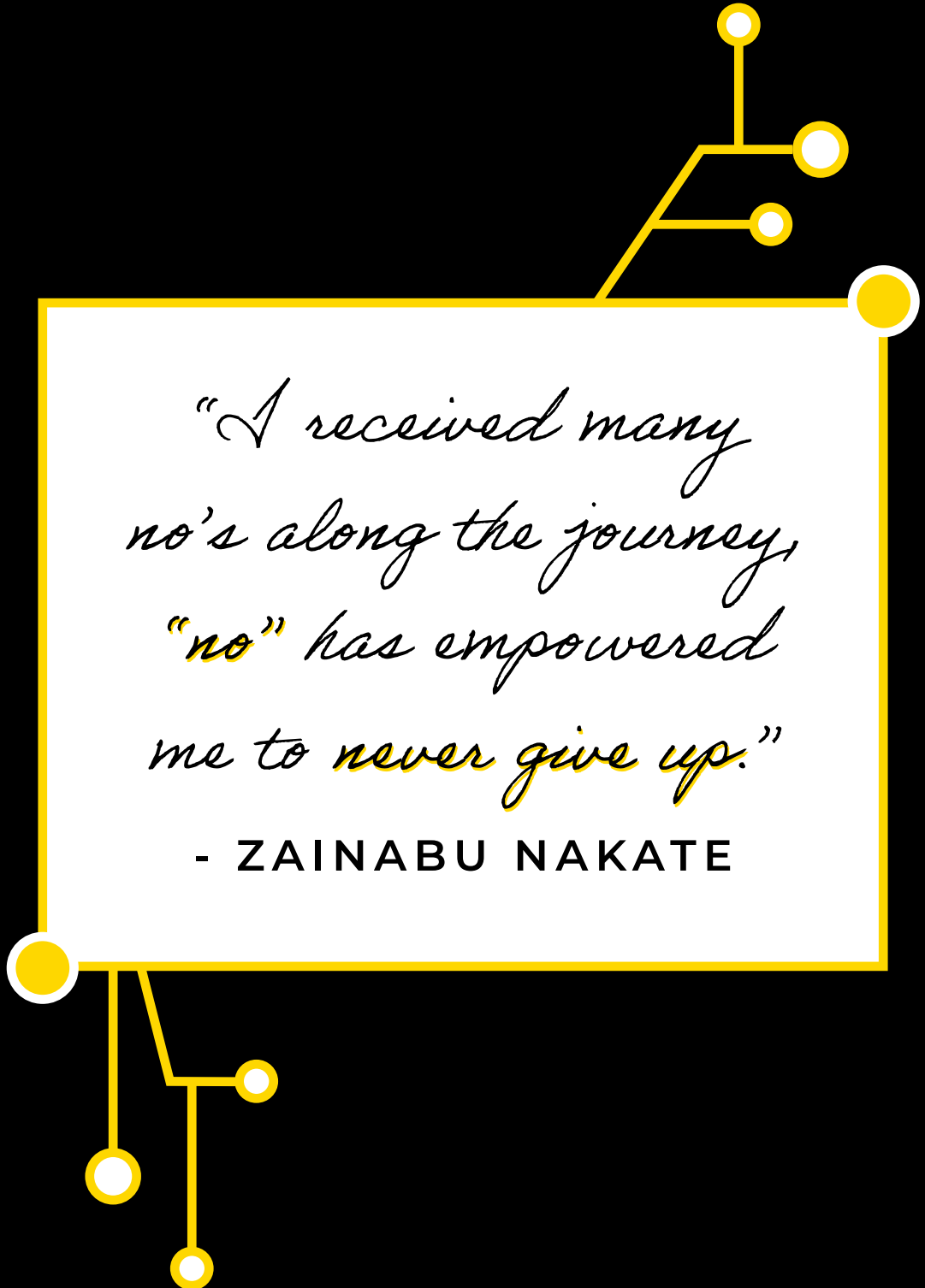
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## HABIT TRACKING



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*"I received many  
no's along the journey,  
"no" has empowered  
me to never give up."*

- ZAINABU NAKATE



# SECTION 4 – Doing & Journaling

Journaling is all about turning dreams into goals. Time moves quickly and before you know it, 5 years, 10 years and 20 years have already passed. To bring your dreams into the real world, they need to be broken down into actions that will get you closer and closer to where you want to be. At the end of every week, reflect on these thought starters and channel your dreams and experiences into blossoming.

## A HAPPY MOMENT TO REMEMBER:

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## A LESSON LEARNT:

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## PRIORITIES & PLANS FOR THE WEEK AHEAD:

**BIG GOAL**

**BREAK IT DOWN**

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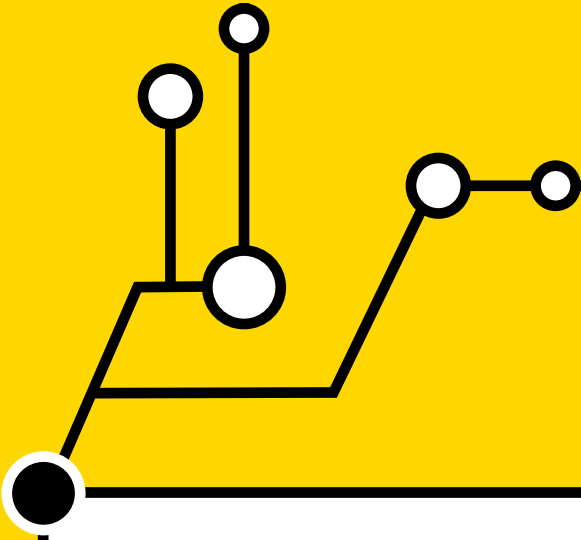
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PRIORITIES & PLANS FOR THE WEEK AHEAD:

BIG GOAL

BREAK IT DOWN

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*“None of these things  
stopped me from clearing  
my canvas and **creating**  
a life I love to live.””*

- ERIKA BRODNOCK



TECH  
LONDON  
ADVOCATES

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A HAPPY MOMENT TO REMEMBER:

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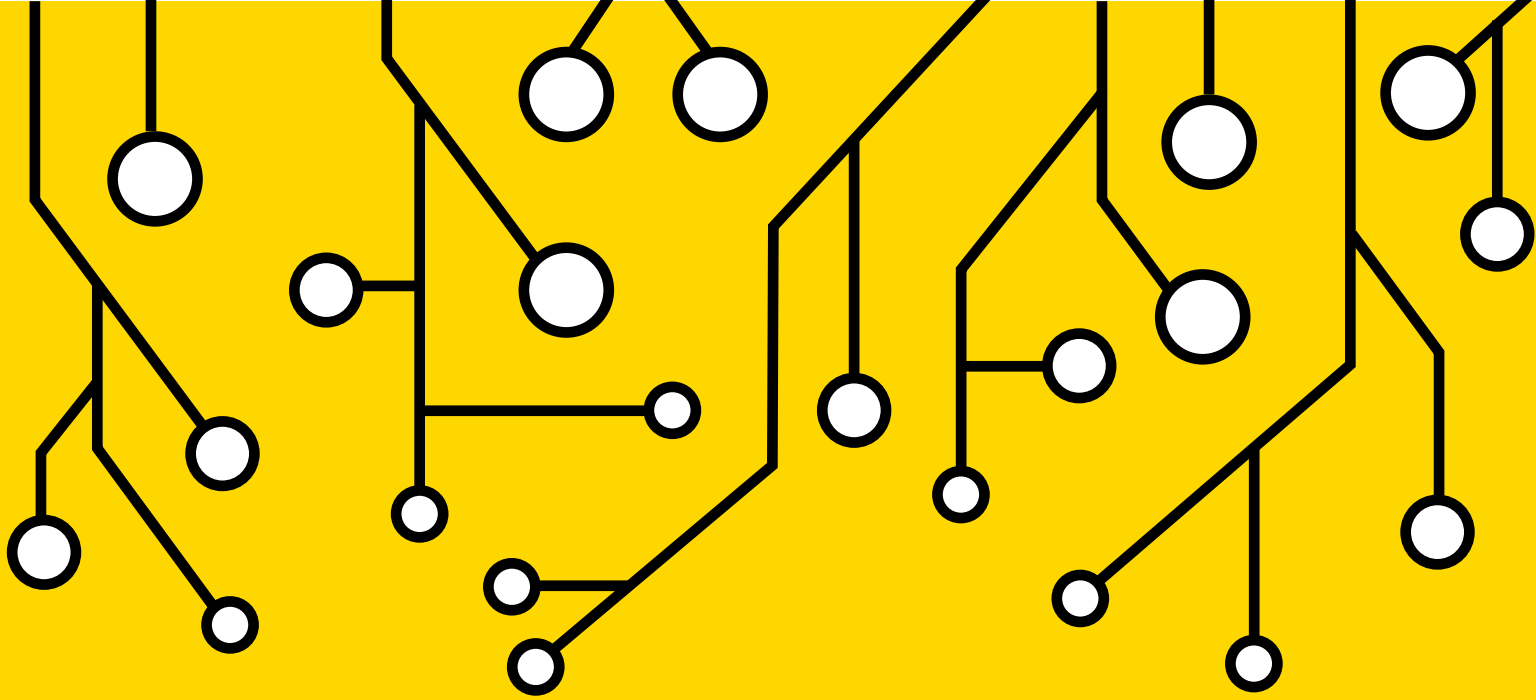
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*You have completed your  
Blossom Journal!*

REPRINT OR REDOWNLOAD  
THE JOURNAL TO CONTINUE  
YOUR JOURNEY



TECH  
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BLACK WOMEN  
IN TECH