



Exploring The Five Reiki Principles

Journal Prompts

Created By: Kelly Bramblett.

The Five Reiki Principles

- 1. Today I will not worry.*
- 2. Today I will not anger.*
- 3. Today I will count my many blessings.*
- 4. Today I will do all my work in truth and honesty.*
- 5. Today I will be kind to every living creature that I meet.*



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What role does anger play in your life right now?

What would your day look like in the absence of anger? How would you feel?

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How can you show up more authentic in your truth today?

Blank space for journaling response to the first prompt.

Where is more compassion needed today?

Blank space for journaling response to the second prompt.

This could be compassion for yourself, for others, or for a situations.

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What role does worry play in your life right now?

What would your day look like in the absence of worry? How would you feel?

Tip

Taking time to surrender your worry and fear every morning will help keep you grounded through the day.

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What are five things you thankful for today?

Tip

When doing gratitude journaling, it should never read like a list. It's all about connecting emotionally so go into detail and really get into describing all the reasons why you are thankful.

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- Shadow Work Coaching
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KELLY'S STORY

Kelly Bramblett is a Law of Attraction practitioner, trauma recovery coach, and Reiki master who supports her clients through their healing journey. She is passionate

about spreading her message of hope to those who have lost hope, and inspiring women to heal their lives by first healing their trauma.

She does this through her one on one coaching and through sharing her story in her debut book *Alchemy of The Phoenix*.

Her weekly spiritually-based blog can be found along with many other resources on her website at www.kellybramblett.com. She is also the host of Kelly Bramblett's High Vibe Podcast, which can be found on all major listening platforms.