



## *Sunday Morning Journaling Prompts*

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*I named these prompts Sunday Morning Journaling Prompts because they are designed to help you set a positive tone for the upcoming week and what better day for reflection and intention setting than Sunday as many of us prepare for the upcoming work week.*

*I have divided these prompts into three sections; Reflection, Intention Setting, and Goal Setting. This creates a healthy flow of energy by releasing, affirming, and consciously manifesting.*

*Using these prompts consistently once a week will ensure an energetic cycle that will help you maintain a high vibe lifestyle. I developed these from my weekly spiritual practice, and I know firsthand how transformational a regular practice like this can be. I hope you enjoy these as much as I do and that they serve you for a long time to come.*

*As always sending so much love,*

*-Kelly*











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## Setting Goals

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*Pro Tip: When setting goals for yourself remember a little goes a long way. When you want to make consistent progress and growth making small goals regularly will create an energy of ease as you allow life to unfold for you. Many small steps can carry you long distances. Don't forget to celebrate your accomplishments and successes each week*

Set one personal goal for yourself this week and explain why you chose this goal. \_\_\_\_\_

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Set one personal development goal for yourself this week and explain why you chose this goal. \_\_\_\_\_

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Set one spiritual goal for yourself this week and explain why you chose this goal. \_\_\_\_\_

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Choose one thing you are willing to commit to all week that is good for your body physically and explain why you chose this thing. \_\_\_\_\_

Choose one thing you would like to manifest this week and use the space below to write about it in detail as if it has already happened. Start your sentence off with “*I am so thankful now that*” and let the words flow.

*Pro Tip: Don't hold anything back and be as detailed as possible. Remember to connect to the feelings of gratitude and excitement as you let your imagination run wild. Let yourself have fun with this exercise.*

*I am so thankful now that*