

KELLY BRAMBLET

WWW.KELLYBRAMBLETT.COM

### CERTIFIED

General Life Coach, Law of Attra Practitioner, Reiki Level Two Prac

## SELF-HELP AUTHOR

Alchemy of The Phoenix (book release summer 2020

## Sunday Morning Journaling Prompts

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

©Copyright 2019 by Kelly Bramblett – All rights reserved. It is not legal to reproduce, duplicate,
or transmit any part of this document in either electronic means or printed format. Recording of this
publication is strictly prohibited.

Pro Tip: Before getting started take some time to connect to your breath and center yourself. Be honest in your answers and don't overthink it. Remember you are the only one reading your responses.

Take a moment and think about the week past. What was the overall vibe of your week?	
What were your top three favorite moments shared with others last week and why?	
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_

What are three things that happened that you are thankful for and why?
Take some time to celebrate yourself. What are three things that you did last week that you are proud of and why?
Reflecting on the week, think about times when resistance showed up for you? What were the circumstances?

Thinking about those circumstances, what can you release or surrender to help establish ease and
flow?
What adjustments can you make so that the resistance won't be repeated in the week to come?
Is there anything else that has come up for you regarding last week?

## Setting Intentions

Take a moment to think about something that you aren't looking forward to or maybe something that is causing you concern about the upcoming week. Use the space below to write about this situation, obligation, or circumstance as if it has already happened. I want you to write about it as if everything went perfectly and smoothly. Connect to the feeling of gratitude by starting your sentence like this," I *am so thankful that*"

I am so thankful that
Use this space to declare the week you desire to have. You can use affirmations here or simply state your intentions to have a fabulous week.

KELLY BRAMBLETT 5

Choose one theme or lesson to focus on this week? How can you commit to being mindful of and

incorporating your chosen theme into your week?

Pro tip: Universal lessons and themes present themselves through our experiences with resistance. To help choose your theme revisit the situations that brought up resistance from the previous week and look for the lessons within those experiences.

# Setting Goals

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

SUNDAY MORNING JOURNALING PROMPTS
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