




Journal

A TIME FOR SELF-REFLECTION AND GROWTH





Day 1

I choose to ground myself and open my  to the beauty of the world around me

WHAT GIFTS ARE YOU THANKFUL FOR AT THIS TIME?

WHERE ARE YOU CURRENTLY STRUGGLING?

HOW CAN YOU BRING MORE GROUNDING ENERGY INTO YOUR LIFE?

HOW CAN YOU LIVE A MORE ALIGNED LIFE? WHAT HAS CALLED TO YOU RECENTLY?

WHAT ARE THREE THINGS THAT YOU LIKE ABOUT YOURSELF?



Day 2

I release what no longer serves me, knowing that I can love someone/something and still walk away

WHAT ARE YOU FEELING CALLED TO RELEASE?

WHY ARE YOU HOLDING ONTO THESE THINGS SO TIGHTLY? WHAT ROLE DOES FEAR PLAY?

HOW MIGHT RELEASING THE THINGS THAT NO LONGER SERVE
YOU MAKE ROOM FOR SOMETHING NEW?

WHAT NEW THINGS ARE YOU CALLING INTO YOUR LIFE?

WHAT IS ONE THING THAT YOU WOULD LIKE TO MAKE MORE
ROOM FOR?



Day 3

I choose to let down my defenses and open myself up to vulnerability

IN WHAT AREAS OF YOUR LIFE DO YOU PUT UP DEFENSES?

WHAT FEARS DO YOU HAVE ABOUT LETTING THESE DEFENSES DOWN?

HOW MIGHT YOUR LIFE CHANGE IF YOU MAKE ROOM FOR A LITTLE MORE VULNERABILITY?

IN WHAT AREAS OF YOUR LIFE CAN YOU MAKE ROOM FOR VULNERABILITY?

WHO IS ONE PERSON THAT YOU CAN BE REAL WITH?



Day 4

I create balance in my life by releasing fears and accepting who I am

WHAT AREAS OF YOUR LIFE LACK BALANCE?

HOW CAN YOU BRING MORE BALANCE INTO YOUR LIFE?

HOW WILL YOUR LIFE CHANGE WHEN YOU ALIGN YOUR ACTIONS WITH YOUR PURPOSE/CALLING?

WHAT FEARS DO YOU HAVE ABOUT ALIGNING YOUR ACTIONS WITH YOUR PURPOSE CALLING? (EX- FEAR OF BEING JUDGED)

IMAGINE FOR A MOMENT, THOSE FEARS WERE GONE. HOW WOULD THAT CHANGE THE WAY YOU LIVE YOUR LIFE?



Day 5

I manifest success through hard work and dedication

WHERE DO YOU FIND JOY IN YOUR LIFE?

WHAT DO YOU WANT TO MANIFEST AT THIS TIME?

WHAT ACTIONS CAN YOU TAKE TO ENSURE YOU ARE SUCCESSFUL?

HOW MIGHT YOU TAKE A BREAK AND RELAX? WHAT WOULD THIS LOOK LIKE?

WHAT ARE SOME THINGS THAT BRING YOU JOY? THINGS YOU CAN DO FOR YOURSELF? (EX- MEDITATION, WALKS, ETC.)



Day 6

I trust my intuition to guide me to the right path

WHAT IS YOUR RELATIONSHIP TO YOUR INTUITION? DO YOU LISTEN TO YOUR INTUITION OR IGNORE IT?

HOW CAN YOU LEAN MORE FULLY INTO YOUR INTUITION? HOW CAN YOU LEARN TO TRUST YOURSELF?

WHY DO YOU FIND IT CHALLENGING TO LISTEN TO YOURSELF AND TRUST YOUR INTUITION?

HOW MIGHT YOUR LIFE IMPROVE IF YOU LISTEN TO YOURSELF AND TRUST YOUR INTUITION?

DESCRIBE ONE TIME WHEN YOU LISTENED TO YOUR INTUITION. WHAT WAS THE OUTCOME?



Day 7

I ground my creative ideas and create something beautiful

WHAT ARE YOU CURRENTLY PASSIONATE/EXCITED ABOUT?

HOW CAN YOU MAKE MORE TIME TO FOLLOW THIS INTEREST?

HOW DOES INSPIRATION FEEL IN YOUR BODY? WHEN
INSPIRATION HITS DO YOU IGNORE IT OR TAKE ACTION?

HOW MIGHT YOUR LIFE CHANGE IF YOU TAKE INSPIRED ACTION?

WHAT DO YOU WANT TO CREATE AT THIS TIME?



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