

✧ Shift Your Inner State Journal ✧

GROUNDING

“Today, I return to myself.”

ACKNOWLEDGE

What am I feeling?

What part needs comfort?

IDENTITY SHIFT

“I am becoming the woman who...”

-trusts life

-feels safe

-attracts aligned love

FUTURE SELF

“From where I stand, I see how it all worked out.....”

Elaborate here, in detail.

RELEASE (closing)

“I release the how. What’s meant for me is on its way.”