

Journalling for your Divine Soul

The Workbook



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Welcome

I am overjoyed to welcome you to my Journaling for your Divine Soul Workbook! Through these pages, we will explore the many different aspects of YOU. We will look at ways of caring for yourself, of showing up for yourself and creating a healthier mindset full of love and positive energy.

This workbook has been designed to accompany my e-book:
Journaling for your Divine Soul.

I based this book on my own private journal which I use daily to help me through struggles, to plan and to help me better explore myself.

Now, I am passing on my techniques to you!

Through a 44 day journey, **Journaling for your Divine Soul** will allow you the opportunity to develop a better sense of self. Looking at themes of self care, self exploration, friendships and relationships, this book will offer you a guided approach to journaling to assist you in gaining a stronger sense of clarity in your life.

If you haven't already, you can head on over to my website for your copy of **Journaling for your Divine Soul**.

Feel free to drop me a line while you're there too! I always love hearing from my readers and friends!

Sally

VISIT OUR WEBSITE AT:
WWW.DIVINESOUL.AU

What am I Grateful for?

Regularly remind yourself of the wonderful things in your life that you are grateful for. Keeping a gratitude journal will help you to shift your focus to the better aspects of your life which in turn will offer you a more positive outlook over time.

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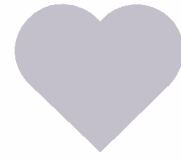
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Create a Mood Board

Use this space to create a Mood Board filled with your heart's desires! Use magazine clippings or your drawings to fill the page.

I Love...



When working on self improvement and healing, it is absolutely crucial to focus on self love and growing your confidence. With this in mind, use this page to list all the things that you LOVE about yourself!

My Happiest Memory

Describe your happiest memory. Focus on the senses - Consider sights, sounds, smells and tastes and be as descriptive as possible.

My Motivational Playlist

Music truly is food for the soul!

Create a playlist filled with songs that make you feel MOTIVATED!

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Fears & Insecurities

We all have fears and insecurities - that is a part of being human! It is important that we take the time to explore these however so that we can continue to work on them and to grow.

By carefully examining our own insecurities, we can better look at how they are effecting our lives and how we may be projecting these onto the world around us.

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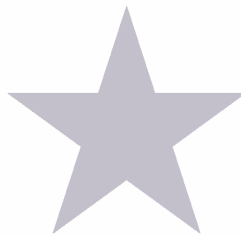
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Exploring My Life

On a scale of 1-10, how would you rate each individual aspect of your life?

This exercise will allow you to highlight which areas you are being called on to work through right now. With this information, you can then make a realistic plan that will help you improve in targeted ways.

MY PHYSICAL HEALTH	1 2 3 4 5 6 7 8 9 10
MY MENTAL HEALTH	1 2 3 4 5 6 7 8 9 10
MY FAMILY	1 2 3 4 5 6 7 8 9 10
MY FRIENDSHIPS	1 2 3 4 5 6 7 8 9 10
MY CAREER	1 2 3 4 5 6 7 8 9 10
MY FINANCES	1 2 3 4 5 6 7 8 9 10
MY COMMUNITY	1 2 3 4 5 6 7 8 9 10
MY HOME	1 2 3 4 5 6 7 8 9 10



I Feel Powerful...

Use this space to draw or write about the things that make you feel powerful, motivated and happy.

I Feel Beautiful...

Use this space to draw or write about yourself. Look at your physical appearance and describe your best features.

Loving yourself and your natural beauty is truly an amazing feeling!

Strengths & Weaknesses

Consider your strengths and weaknesses.
Which areas can you work on improving and how?

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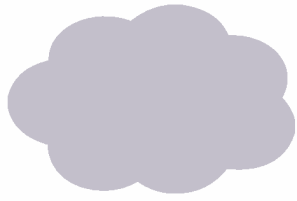
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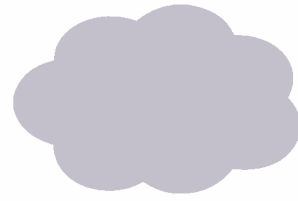
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I am ME



Use this space to list out your personal attributes, skills and hobbies.
Enjoy the many different aspects that make you YOU!

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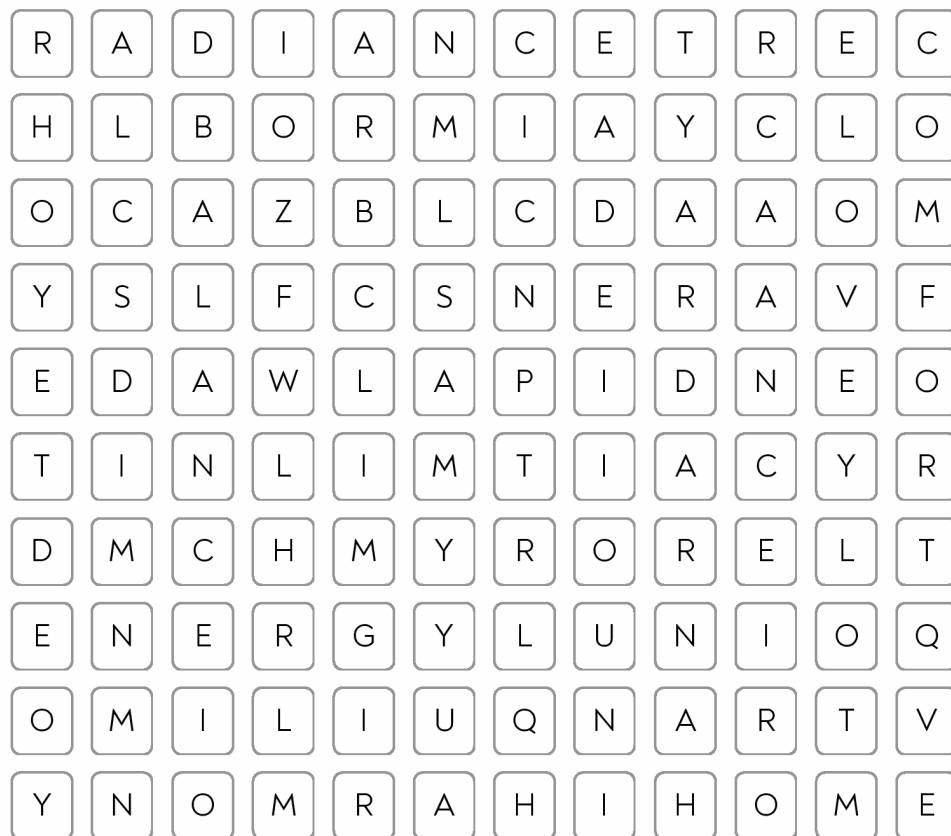
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Releasing Rage

Anger and rage are unpleasant but they are a part of life. These feelings are our minds and spirits telling us that something is not right and that something is not in alignment with our soul. It is important to not dismiss these feelings or suppress them but rather, to explore healthy ways to release them. Use this page to draw or write about a situation that made you feel anger or rage. Unpack your feelings and see if you can pinpoint why you felt this way.

Working the Mind

Your mind is a powerful tool! Exercise for the mind is just as important as exercise for the body. Spend some time today on puzzles, word games or riddles.



SPIRIT	CLARITY	LOVE
HARMONY	MIND	HOME
BALANCE	RADIANCE	COMFORT
ENERGY	PEACE	TRANQUIL

I Deserve to be Loved

Think about the way you show love.

Describe the qualities that make you an amazing friend or partner.

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I Give & Receive Love

What defines a healthy vs. a toxic friendship or relationship to you?

My Love Language

What is your love language? How do you express love and how do you enjoy receiving love from others?

Exploring my Past

Consider your own development and your achievements. How has your life changed from 5 or 10 years ago? How have you evolved?

Triggers...

We all have certain things that trigger an emotional response in us. Explore your own triggers and try to unravel where these come from.

Self Care

We all have different ways of showing ourselves love and care. Self care activities can look very different for each individual. When you are feeling a certain way, take a moment to pause and step back: Try to pin point how you are feeling and why. With this information, you can then choose a self care activity that will best assist you in working through those feelings.

Prepare a list below filled with activities you can try when you are feeling a certain way. Try to think of self care activities that will help you target those emotions.

I AM FEELING...

Exhausted or
Overwhelmed

Nervous or
Unsettled

Unmotivated

Unattractive

Disorganised

Lacking in
Creativity

Needing Alone
Time

I CAN ADDRESS THIS BY...

Boosting Creative Energy

Use this space to explore your creative side!
Draw or write about whatever it is that pops into your head today.
See what flows onto the page!

Control

Which areas of your life do you have control over? Which areas can you NOT control? Consider ways you can focus on improving the aspects of your life that you DO have control over and examine ways you can accept the things that you do not have power over.

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Forgiveness

Think about a difficult time in your life. Examine how this chapter has effected you. Now, speak to that version of yourself and show that person kindness and forgiveness.

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Boundaries

It can be difficult to set and maintain healthy boundaries in our relationships. We often feel guilty or uncomfortable speaking up for ourselves however, as your confidence and self esteem grows, so too will your ability to stand up for yourself in healthy ways.

Explore your boundaries here and consider ways you can be more assertive in a constructive way that is comfortable to you.

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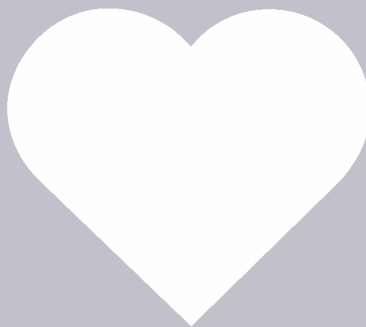
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Thank you!

Thank you for allowing me the opportunity to join you on your journey. I hope this has been an enlightening experience for you!

I always love to hear from friends - Feel free to hop on over to my website and drop me a line!

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