**Holistic Journaling Entry**

**Relax and connect to your wise inner self. Consider the situation you are asking about. Write in each box using the writing cues above that box. Box will expand to fit any amount of text. (This Word template is available for download at** [**ShamanicArts.Center**](https://shamanicarts.center)**)**

**Other Places Other Times:**

|  |
| --- |
| Consider the past |

**I wish:**

|  |
| --- |
| What would you like to see happen in this situation |

**My logical lens tells me:**

|  |
| --- |
| What does your logical tell you about this situation? |

**My body says:**

|  |
| --- |
| How does your body feel when you consider the situation? |

**My spirit tells me:**

|  |
| --- |
| What do you feel from a spiritual point of view. |

**My fantasy is:**

|  |
| --- |
| What are your wildest fantasies about the situation |

**My community tells me:**

|  |
| --- |
| What are people around you saying about this situation? |