



# HOW TO DIALOGUE WITH YOUR INNER WISDOM

This simple journaling exercise unlocks clarity and guidance in just a few quiet minutes.

Grab a notebook and a pen and jump right in.



## STEP 1: SET A TIMER

Give yourself permission to focus by blocking off this small increment of time. Setting a timer tells your brain: "This matters." For the next 10 minutes, you're stepping outside your normal day and into a space of curiosity. When the timer goes off, you can get right back to your routine.



## STEP 2: ASK A QUESTION

Begin by writing in your own voice. As if you were writing a play, start with "ME:" and get down whatever is on your mind. Let this be messy and unpolished. You might pretend you were speaking with your most caring and patient friend.

Don't worry if there's no clear question at first. You can even start with "ME: I don't know what to ask. What should I ask about?"

## STEP 3: SWITCH ROLES AND RESPOND

Now it's time to write back. You're going to step out of your everyday voice and imagine what the voice of deep understanding and compassion would say.

First give this voice a name that feels meaningful to you: Wise Help, Inner Guide, Spirit, God, Universe, or anything else that evokes trust and tenderness.

Read your question, then write a reply, for example:

*WISE HELP: Let's start here. I notice that ...*



There's no need to plan or pre-script. Just jump into that voice and see what comes out. Then continue switching back and forth between sharing your questions and letting this loving, wise character reply.



WANT AN AUDIO GUIDE?

Access a guided introduction to this exercise:  
[https://bit.ly/dialogue\\_with\\_inner\\_wisdom](https://bit.ly/dialogue_with_inner_wisdom)

