



Worksheets for diving into thoughts.





Awareness

AWARENESS EMPOWERS. IT IS THE
CATALYST TO CHANGE. IT IS
OBSERVATION WITHOUT JUDGMENT,
CHOICE, CONDEMNATION, OR
JUSTIFICATION. THROUGH ITS SILENCE,
UNDERSTANDING ARISES.

Week 1 Journaling Exercises

The following pages consist of journaling exercises that will help you dive into what you are thinking and what you believe. It is important for you to commit to doing the exercises so that you can gain insight into the areas that need the most attention.

Plus, you might be surprised at what comes up!
Remember to do this without judgement.

Take some time to discover yourself in more depth.

You're worth it! <3

Dive Into Your Brain

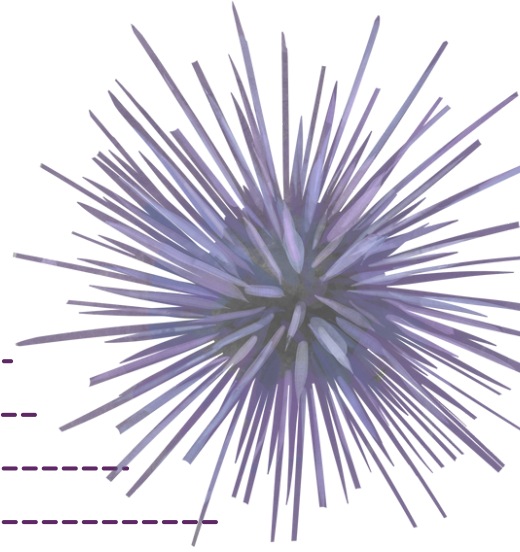
Do a daily "check-in". Set a period of time to just sit and journal your thoughts and feelings *in the moment*. See what comes up! What do you notice you're thinking? How does it make you feel? Do you see what's on repeat? The important thing this week is to bring AWARENESS, *NOT JUDGEMENT!*



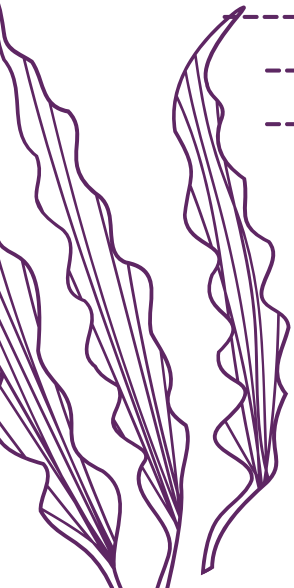
Whatever you are writing, whatever you are thinking or feeling, step into a space of non-judgment. Do not judge what is coming up and out as judgement will not serve you! Love yourself through this awareness process! Be gentle and kind! You deserve it! <3

Journal on the following pages.

Daily Check-In



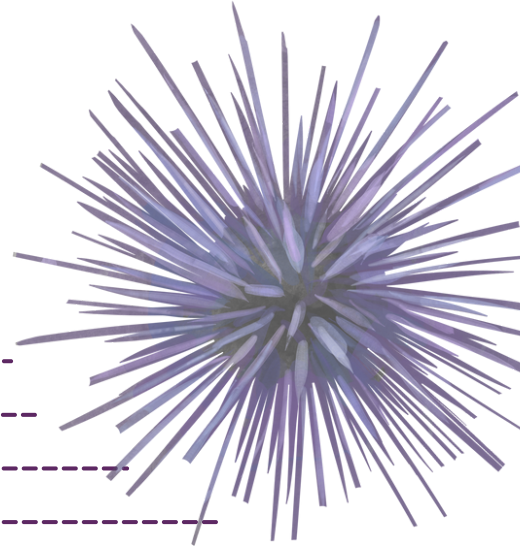
Handwriting practice lines consisting of 18 sets of three horizontal dashed lines.



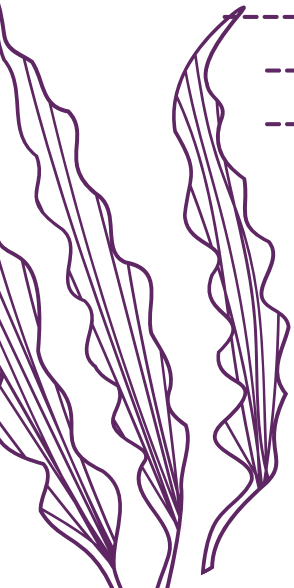
Handwriting practice lines consisting of 10 sets of three horizontal dashed lines.

I am gentle and loving to myself as I bring awareness to my thoughts.

Daily Check-In



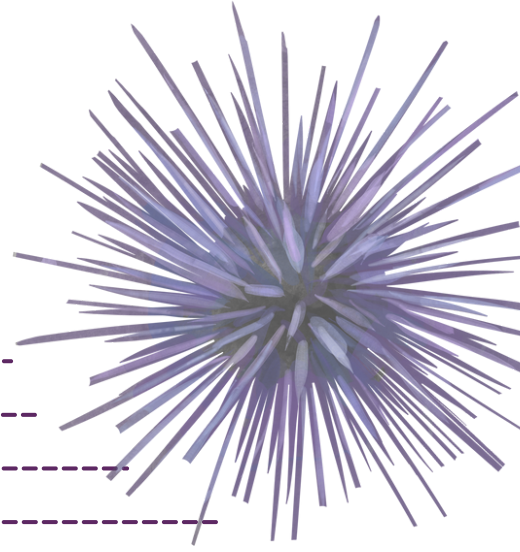
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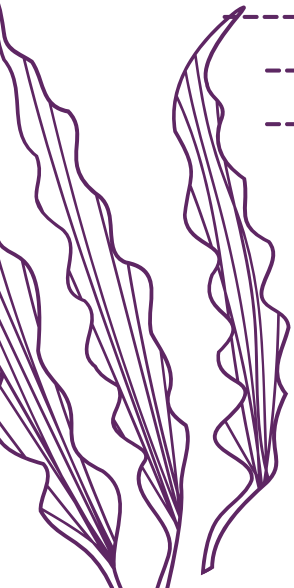
Handwriting practice area with 10 sets of horizontal dashed lines for writing.

My power is in my choice. I choose thoughts that align with love.

Daily Check-In



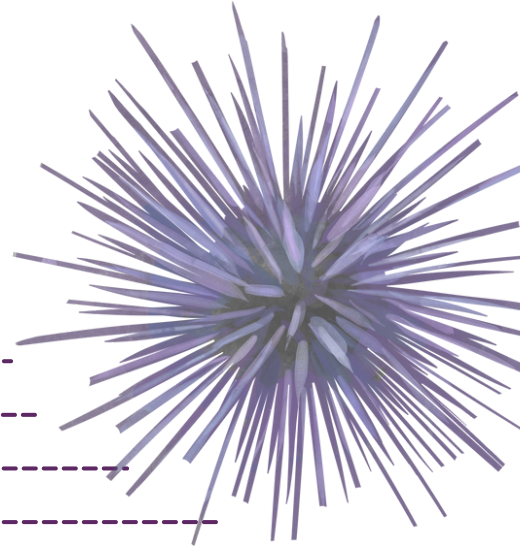
Handwriting practice area consisting of 15 sets of horizontal dashed lines for writing.



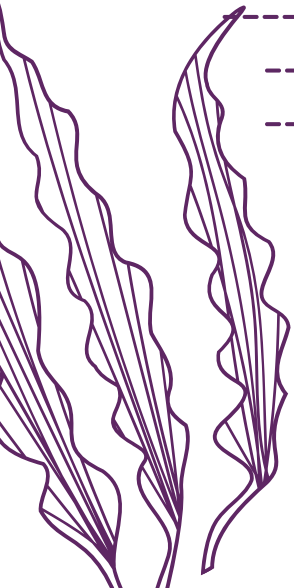
Handwriting practice area consisting of 10 sets of horizontal dashed lines for writing.

I am committed to my healing transformation.

Daily Check-In



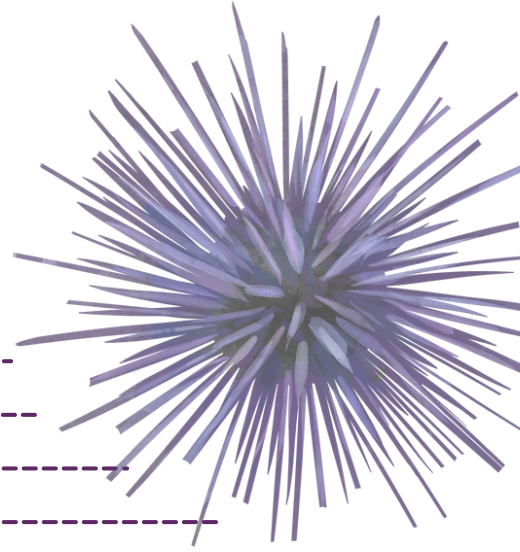
Handwriting practice area consisting of 15 sets of horizontal dashed lines.



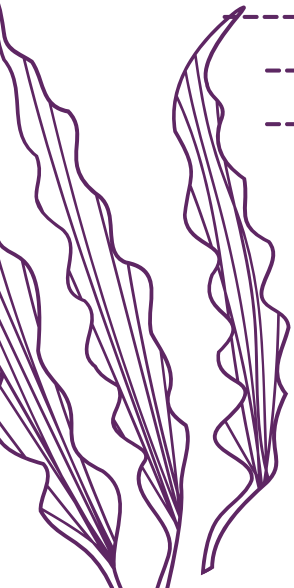
Handwriting practice area consisting of 8 sets of horizontal dashed lines.

I welcome the new as I release the old.

Daily Check-In



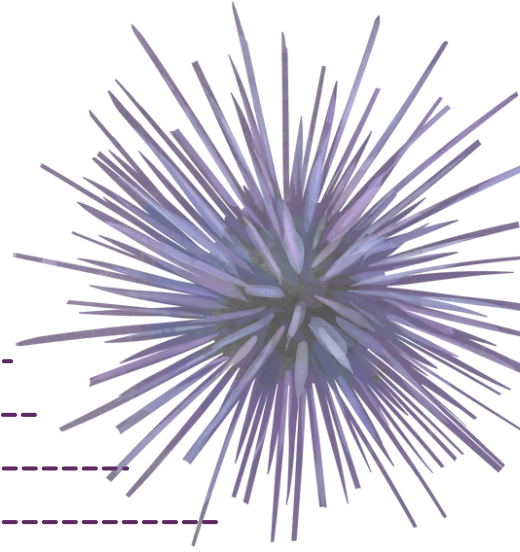
Handwriting practice area consisting of 18 horizontal dashed lines.



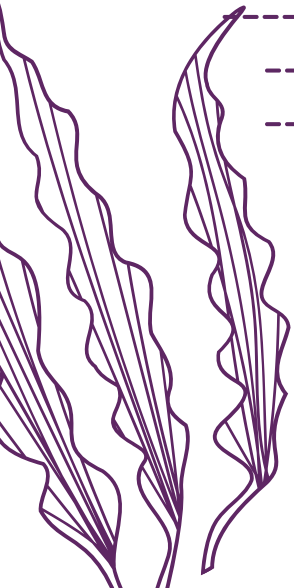
Handwriting practice area consisting of 8 horizontal dashed lines.

My mind is powerful, and I can create my dreams through thought.

Daily Check-In



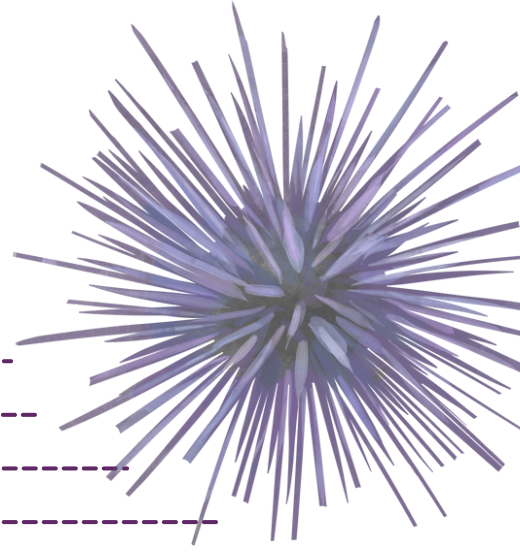
Handwriting practice area consisting of 18 horizontal dashed lines for writing.



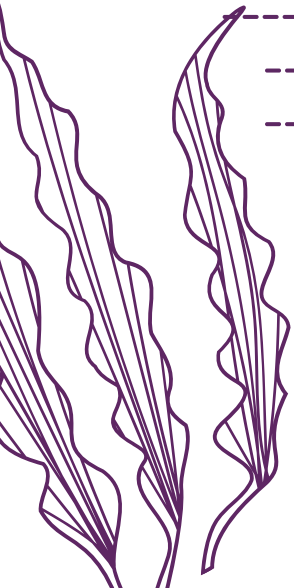
Handwriting practice area consisting of 10 horizontal dashed lines for writing.

I trust that all is well.

Daily Check-In



Handwriting practice area with 18 sets of horizontal dashed lines for writing.

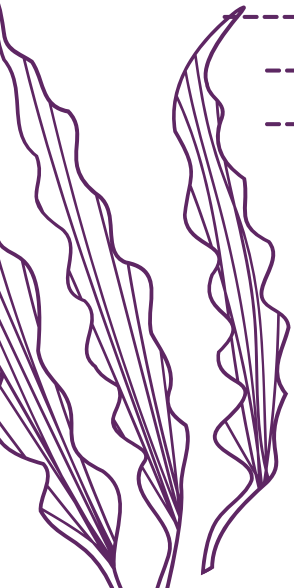
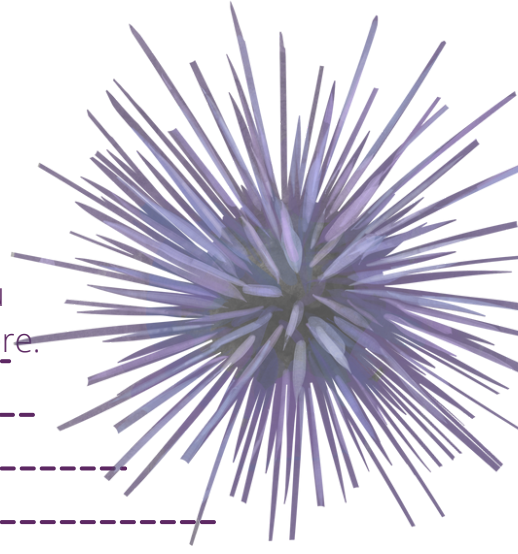


Handwriting practice area with 10 sets of horizontal dashed lines for writing.

I am strong, resilient, and worthy.

Reflection

How do you feel after some time in this daily journaling? Have you gained insights into your own thoughts? Describe your journey here.



I am energy, I am love, I am light.



Choice.

LIFE IS A MATTER OF CHOICES, AND
EVERY CHOICE YOU MAKE MAKES YOU.

- JOHN C. MAXWELL

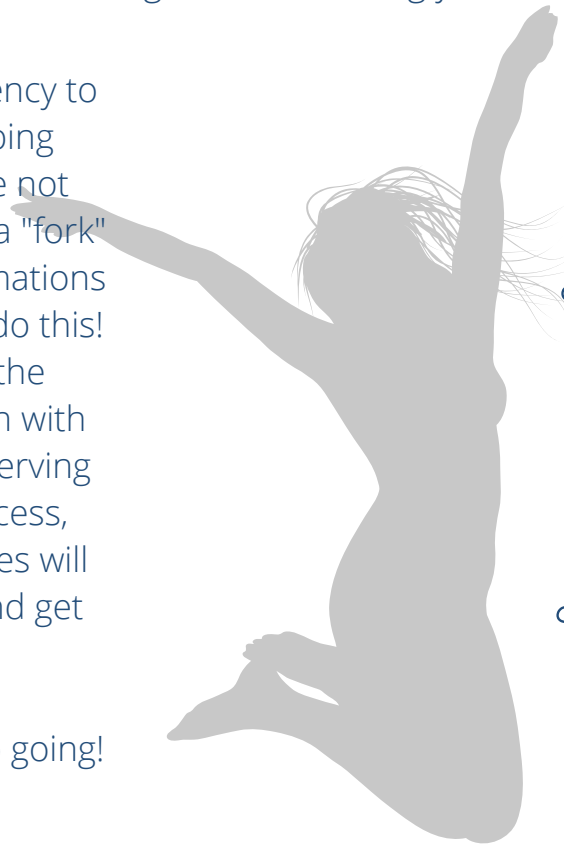
Choose What's In Your Brain

Each day, practice changing the thoughts that do not align with love and your healing path forward. Continue to journal and look at how you can practice reframing and introducing your affirmations.

If you have a tendency to get stuck in looping thoughts that are not serving you, throw a "fork" in that wheel! Affirmations are a great way to do this!

As you choose the thoughts that align with love and work at serving your healing process, those negative ones will eventually fade and get replaced.

Don't give up! Keep going!
You got this!!



*What do you want
your thoughts to
sound like?*

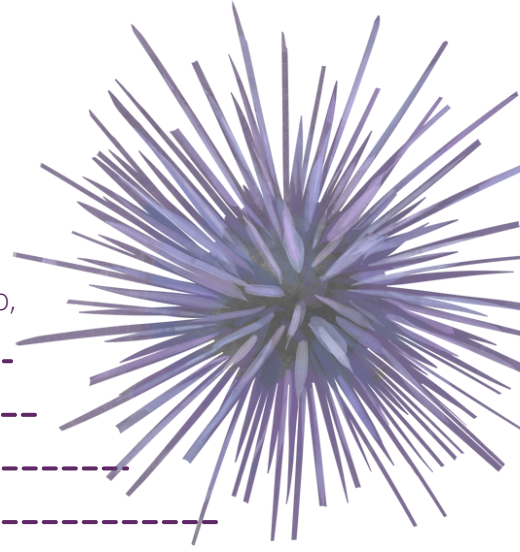
Align with LOVE!

Affirmations: Remember your beliefs work? Create positive affirmations for each one you want to change and say them over yourself each day! E.g., If the belief was "I'm not worthy of the love I desire", affirm it as "I am lovable and worthy of the unconditional love I desire!"

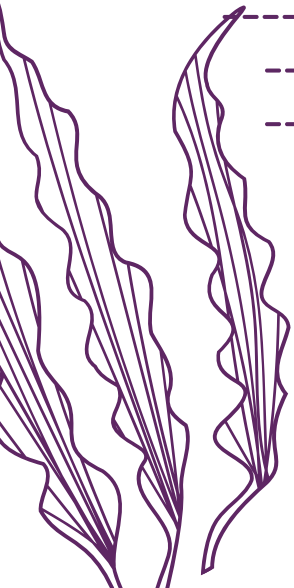
Journal on the following pages.

Daily Purpose

This week, continue to journal what's on your mind but as you do so, consider ways you can be purposeful about aligning your mind with love.



Journaling area with 18 horizontal dashed lines for writing.

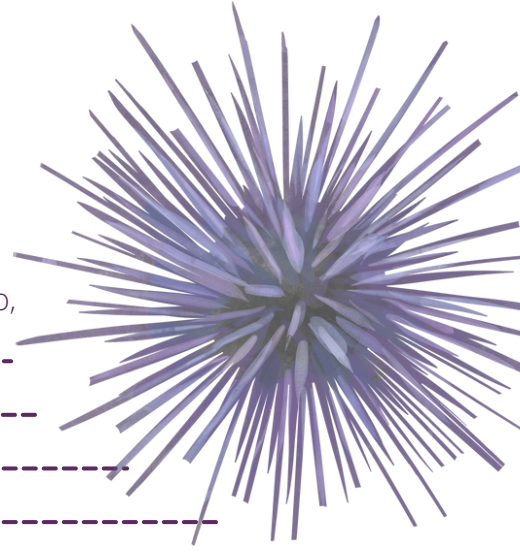


Journaling area with 12 horizontal dashed lines for writing.

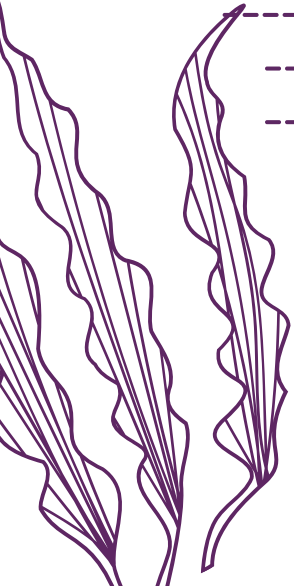
I am Divine! Life is always supporting me in all I do.

Daily Purpose

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Journaling area with 18 horizontal dashed lines for writing.

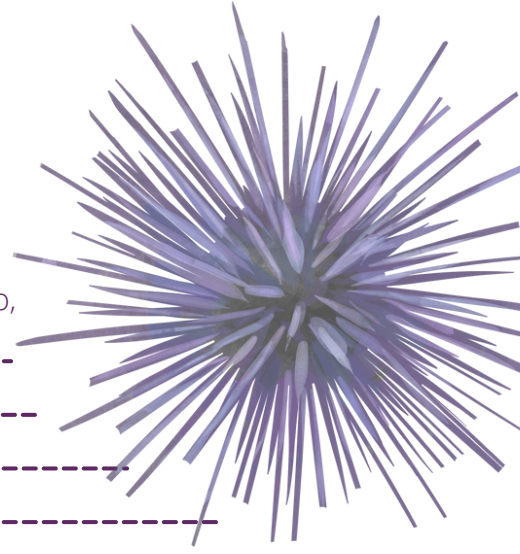


Journaling area with 12 horizontal dashed lines for writing.

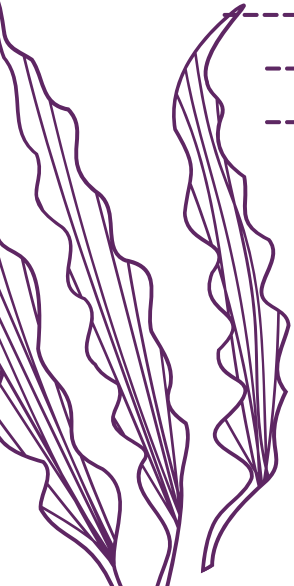
One step at a time; I am making progress every day.

Daily Purpose

This week, continue to journal what's on your mind but as you do so, consider ways you can be purposeful about aligning your mind with love.



Journaling area with 20 horizontal dashed lines for writing.

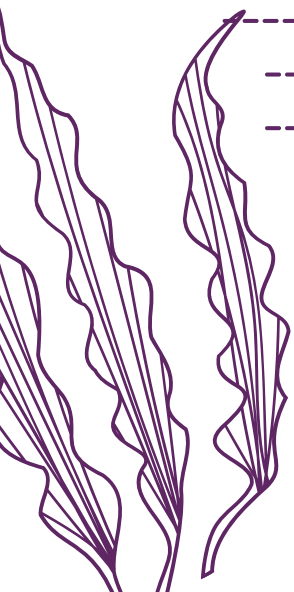
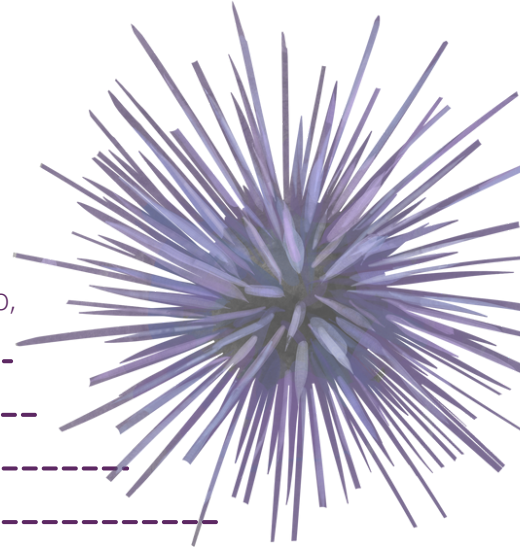


Journaling area with 10 horizontal dashed lines for writing.

I am ready to see life differently and change my story.

Daily Purpose

This week, continue to journal what's on your mind but as you do so, consider ways you can be purposeful about aligning your mind with love.

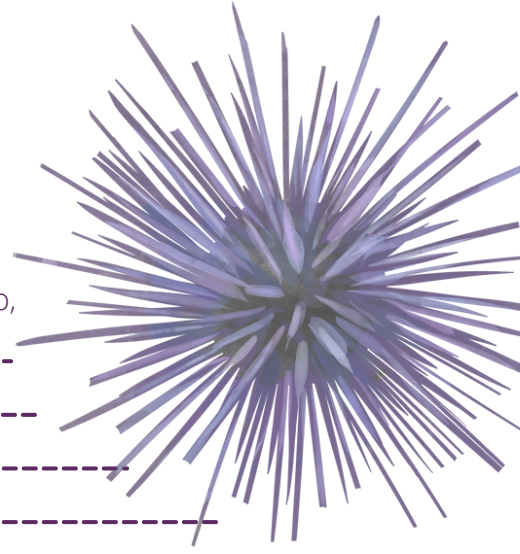


Journaling area with horizontal dashed lines for writing.

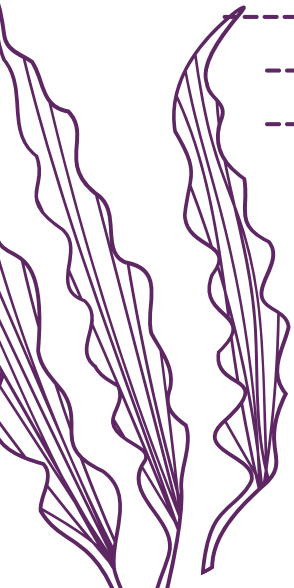
I am worthy. I am loved. I matter.

Daity Purpose

This week, continue to journal what's on your mind but as you do so, consider ways you can be purposeful about aligning your mind with love.



Lined writing area with 20 horizontal dashed lines for journaling.

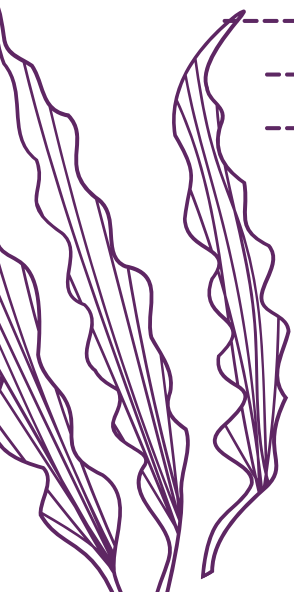
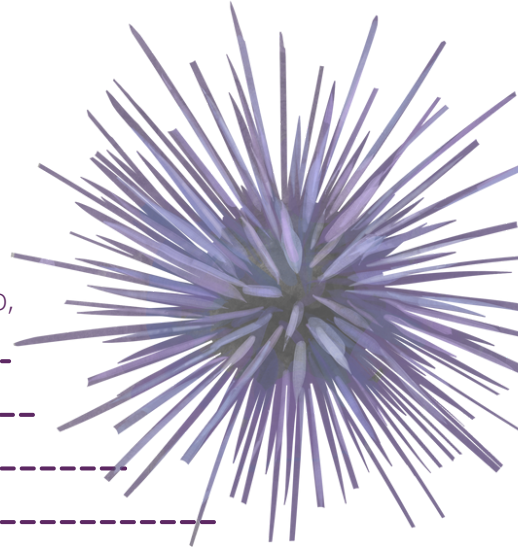


Lined writing area with 10 horizontal dashed lines for journaling.

I am a creator of my life, not a victim of my circumstances.

Daily Purpose

This week, continue to journal what's on your mind but as you do so,
consider ways you can be purposeful about aligning your mind with love.

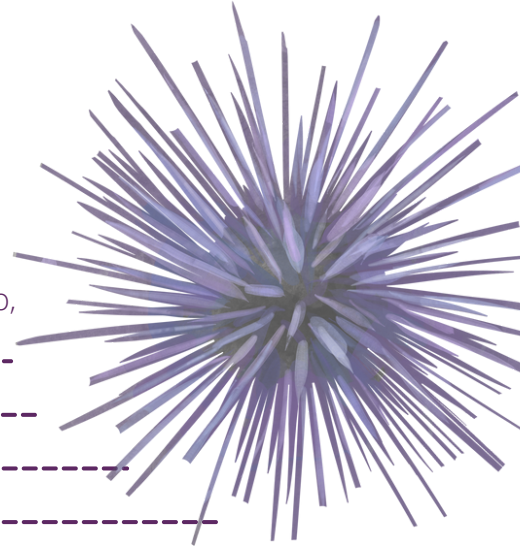


A series of horizontal dashed lines for journaling, spanning most of the page's width.

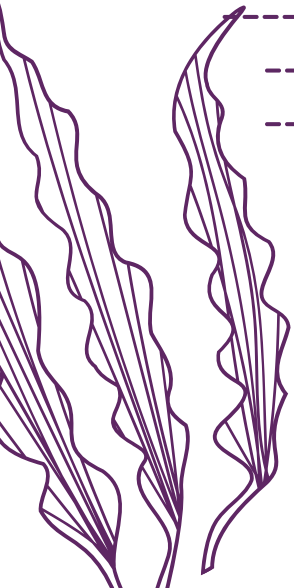
I am unique and that is an awesome thing!

Daily Purpose

This week, continue to journal what's on your mind but as you do so, consider ways you can be purposeful about aligning your mind with love.



Journaling area with 18 horizontal dashed lines for writing.



Journaling area with 10 horizontal dashed lines for writing.

I question everything and keep only what aligns with my truth.



Tips, Tricks

AND USEFUL RESOURCES

If you are just beginning in learning how to bring awareness to your thoughts and beliefs, be gentle with yourself if you find yourself caught in wandering and upsetting thoughts for some unaccounted-for amount of time! It takes practice, practice, practice!

Here are some things you can try:

- Start simply and just try to draw your attention to your breathing. Are you breathing shallowly, deeply, somewhere in-between? Is only your chest rising, or is your belly engaged, too? Are you breathing through your nose or your mouth? As you pause to bring attention to what your body is doing as you breathe, you allow a moment to let your mind start to settle a bit. Then you can more easily begin to really pay attention to your thoughts without getting caught up and lost in them.
- Schedule "awareness" time; set a reminder on your phone to spend 5-10 minutes of consciously focusing on your thoughts. This practice will help you learn to pay regular attention to your thoughts. Or, if you tend to have a busy day, try "bathroom awareness"

breaks - practice awareness while you're in there. Even simply focusing on the water as you wash your hands helps.

Try doing an internet search for mindfulness and awareness practices. See what comes up. Is there anything that resonates with you? Try them out, experiment, and practice!

If you're a reader, there are many, many books on mindfulness and self-awareness. See what calls to you, check them out. One that had helped me was Thich Nhat Hanh's *The Miracle of Mindfulness*.

As you practice being mindfully aware of your moment, you will get better and better and recognizing your thoughts as you have them.