



# *Sacred Space*

Therapeutic Journaling

## *How to use this journal*

This journal will help you reflect on where you've been, where you are now, and where you're headed in terms of your health and wellness.

Identify strategies to help you care for your overall health and wellness, set intentions, clarify your boundaries, and determine who can support you as you move forward.

As you choose your next steps, be sure to reach out to us if you need any support. We are here for you!

Sacred Space Therapeutics  
459 Windchime Place  
719-309-6082  
support@sacredspacetherapeutics.com

Learn more about Sacred Space Therapeutics and our team of practitioners at [www.sacredspacetherapeutics.com](http://www.sacredspacetherapeutics.com)

We offer therapeutic massage, physical therapy, chiropractic, nutritional counseling, life coaching, reiki and other services. We also offer a variety of classes and events.

# *Reflections of the past*

The Wins:

The Difficulties:

My Favorite Moments:

My Hardest Moment:

What do I want moving forward?

# *What I Learned about myself...*

Physically I am:

Emotionally I am:

I see within myself:

I am no longer afraid of:

What I learned the most about?

# *Where I am right now...*

Physically I feel:

I am thinking about :

I view myself as:

I am afraid of:

What do I want to change the most?

# *Where I want to be...*

Where do I want to go from here?

I believe I can :

I view myself as:

I am looking forward to:

What is working out for me, right now?

*Is there more work yet to do...*

The door is now open for me to:

I believe I can :

I need to meditate more on:

I have yet to address:

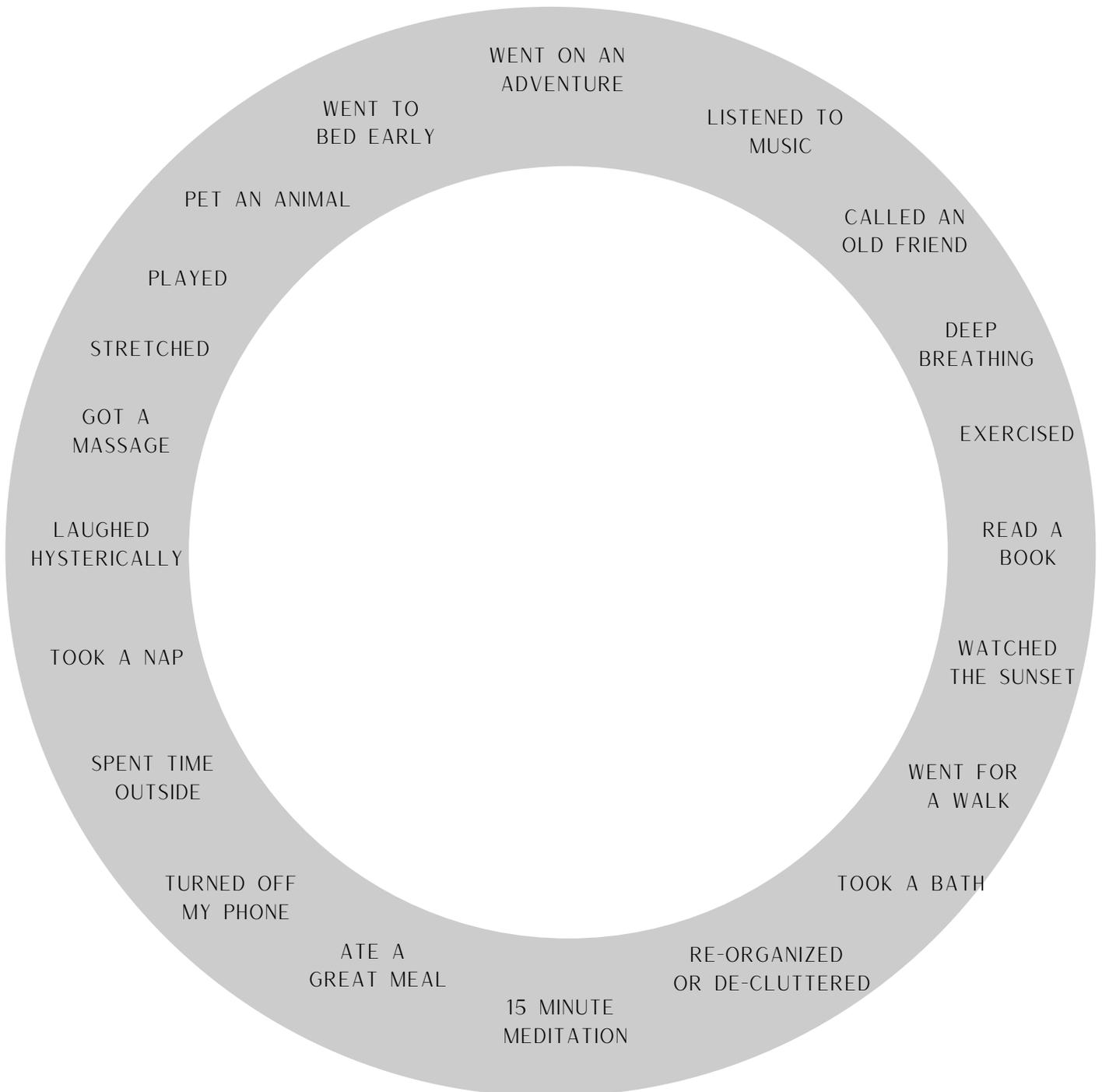
I want to focus more on...





# Self Care Wheel

What Self Care can you gift yourself? Keep track of all the things that you are able to take time to do for yourself. Write down the date when you did it, or make a note of what can become a regular habit, either daily, weekly or monthly. Write in any other ideas that come to you, as this is a good start when you may feel a bit lost, and is by no means all that you can do as we all have our own unique interests and abilities that are incredibly healing and caring to the self.



# Intentions

This is the start of a new you!

Don't make a *To Do List*, right now, set your intentions. Make yourself a promise and ask something of your inner self, then give the permission and the strength to go ahead and do it! You deserve to be your own biggest champion and greatest supporter, how can you show up for yourself in the coming days?

*Physical Health*

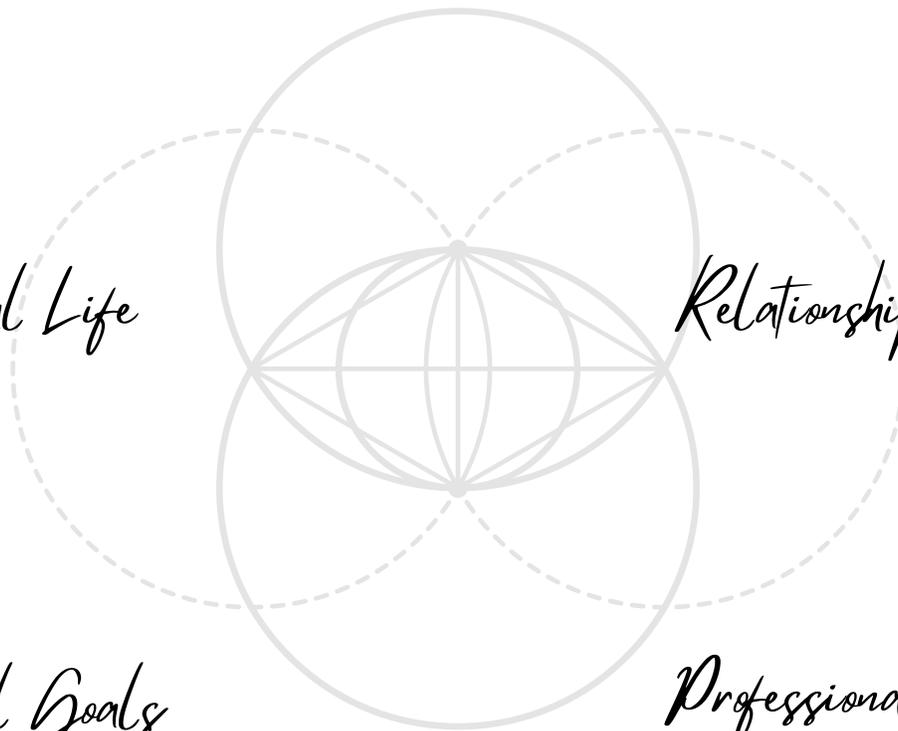
*Spiritual Health*

*Personal Life*

*Relationships*

*Financial Goals*

*Professional Goals*







# Boundaries

## WHAT DO *boundaries* FEEL LIKE?

It is not my job to fix others.  
It is okay if others get angry.  
It is okay to say no.  
It is not my job to take  
responsibility for others.  
I do not have to anticipate the  
needs of others.  
It is my job to make me happy.  
Nobody has to agree with me.  
I have a right to my own  
feelings.  
I am enough.

Physically and Emotionally we all  
need personal boundaries in  
place.

They are an essential part of an  
the healing process. Knowing  
when to sleep and what you are  
able (or not able) to eat are just  
as essential as deciding that you  
will not answer the phone or the  
door when you are not up to  
entertaining.

There is no shame in saying  
"no, not at this time."  
Take care of yourself, first and  
foremost and set those  
boundaries.



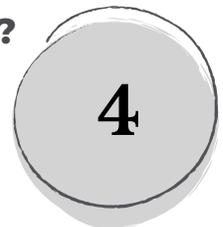
**WHAT DOES SETTING BOUNDARIES MEAN TO YOU?**

**WHAT BOUNDARIES DO YOU NEED TO BE HEALTHIER?**



**WHAT BOUNDARIES DO YOU NEED TO BE HAPPIER?**

**WHAT DO YOU NEED TO FEEL SAFE SETTING BOUNDARIES?**



**WHO DO YOU NEED TO SHARE YOUR BOUNDARIES WITH TO FEEL SUPPORTED?**

**6**

**HOW HAVE YOUR BOUNDARIES BEEN VIOLATED IN THE PAST?**

**HOW WILL YOU MAINTAIN YOUR BOUNDARIES TO HEAL?**

**7**

**8**

**WHAT ACTIONS WILL YOU TAKE IF YOUR BOUNDARIES ARE PUSHED, MANIPULATED OR VIOLATED DURING YOUR HEALING PROCESS?**



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