

HEAL

A JOURNAL FOR YOUR
OWN HEALING JOURNEY



Compiled by: Caridad Saenz

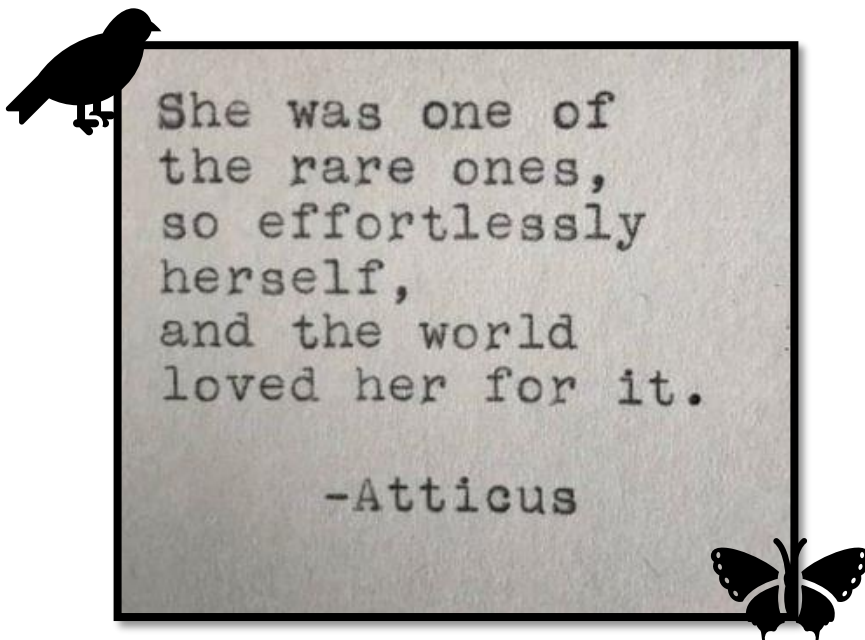


Why do we need Journaling?

When we sit down and write out our feelings and thoughts, we are slowing down and focusing our attention to everything that is going on in our life. You need to dig deep and listen to your thoughts and feelings and be honest with yourself.

I am sharing this journal in hopes that you find a new love for journaling and that it helps you heal old wounds and thoughts as well as using it as a tool for manifesting the life that you deserve.

Caridad V. Saenz



Three *things* I value about myself are



Three horizontal rectangular boxes for writing, each with a light pink background. The top box is the largest, and the two below it are smaller and of equal size.

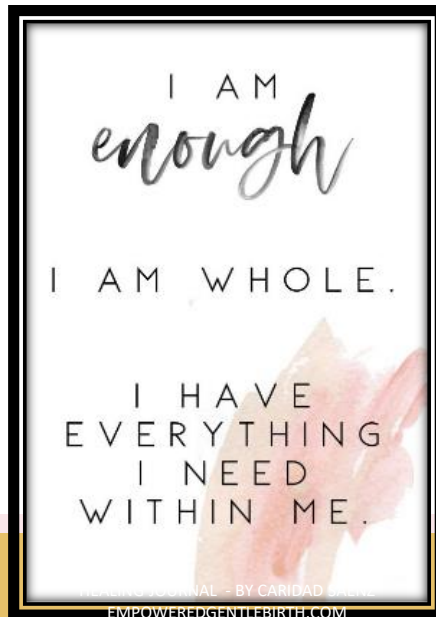
... for fostering abundance and self worth



I am craving ...



When you're too focused on what you *don't* want



Five *things* I am grateful for

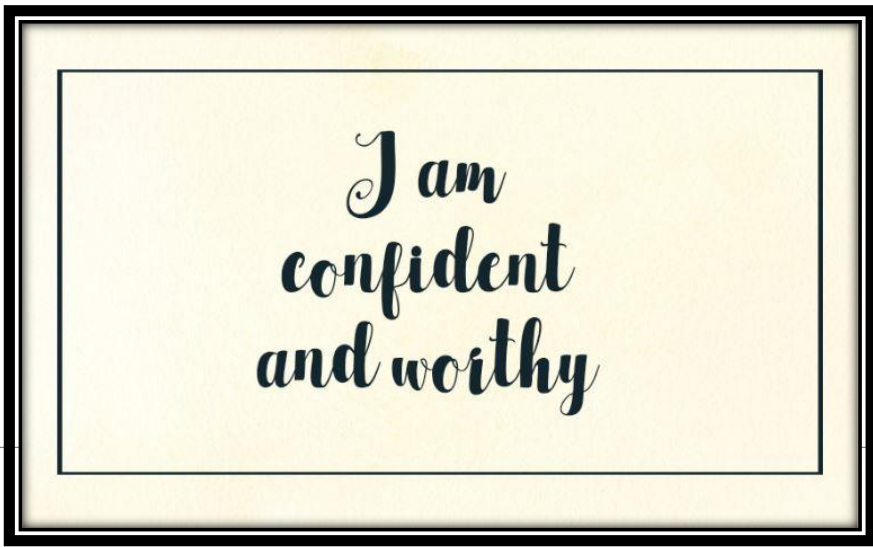


A large, empty rectangular area with a light pink background, divided into five horizontal sections by thin white lines, intended for writing five things the user is grateful for.



... to cultivate gratitude and raise your vibes





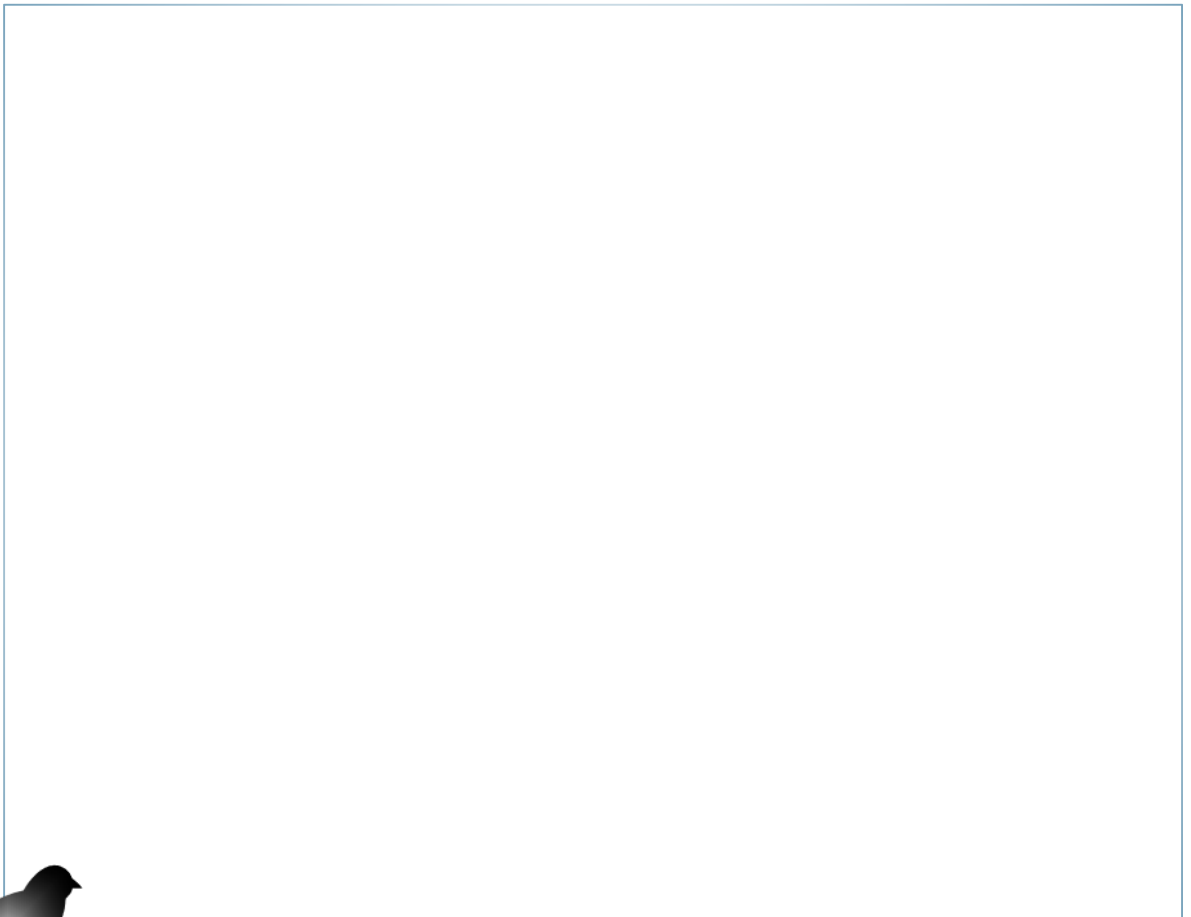
I feel like myself when ...



Getting to Know You

**I AM IN THE
PROCESS OF
BECOMING THE
BEST VERSION OF
MYSELF**

I need more ...



To give you direction and focus with what you want to manifest

Something I would love to do
but I'm not sure I can is ...



A large, empty rectangular box with a thin blue border, intended for writing a response to the prompt above.

To highlight your limiting beliefs

*I have the
power to
create change.*

Three *things* I did today that moved me closer to my dreams are ...



... to cultivate a feeling of capability and success



Three *things* that my 'best self' would do that I'm currently not



... so you can start being her, now!

IF YOU COULD SEE
YOURSELF THROUGH
MY EYES, YOU
WOULD KNOW HOW

incredible
**YOU
TRULY
ARE!**

I feel amazing about myself when I ...



To give you some ideas for Self Love practices

LOVE

I
find
peace
within
myself,
just
as I
am.

I feel crappy about myself when I

...



To get you clear on what doesn't feel any good

**I'M GOING TO
MAKE YOU SO
PROUD.**

- note to self.

The kind of person I am not is



A great place to start a
journey of self discovery





My intuition speaks to me by ...



I trust my
inner voice

This will help you receive that amazing
inner guidance, loud and clear

If I eat when I'm not physically hungry, it's because ...



To help with emotional and binge eating





If I was given \$50,000 I would ...

To bring awareness to where you'd love to spend your cash

There is nobody else
in the world like me.
That is my magic.

I LOVE AND
APPRECIATE
MYSELF.



You be the sun,
I'll be the moon-
just let your light
come shining through;
and when night comes,
just like the moon,
I'll shine the light
right back to you.

I feel most feminine when ...



To get in touch with your inner goddess

I've been putting off ...



I release all
things that
do not
serve me

To highlight what you're
unconsciously waiting for so
you can take action asap

And now that
you don't have to
be perfect,
you can be good.

-John Steinbeck
East of Eden

Balance

I've finally
opened my heart
wide enough
to let love in.

I DON'T HAVE TO DO IT ALL,
BUT I CAN GET IT ALL DONE.
IT TAKES A VILLAGE TO GROW AN EMPIRE
AND I'M OPEN TO NEW POSSIBILITIES.

I would love to get some
support with ...



If you're trying to do it all on your
own but it's just not happening

I feel ...



It's a great starting point for free writing

I hope you find happiness one day.
Not the kind you share in a
status update, but the enduring
kind. The quiet happiness that
you've never really felt before
and yet it feels as if it's
always been inside you, waiting
to be found.
Like a house that's sat empty
for years waiting for you to
turn the lights on.
Waiting to be a home.

JmStorm

The happier
you are the
more beautiful
you become

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Put together with Love for you by :
Caridad V. Saenz

Mindfulness Birth Doula at EmpoweredGentleBirth.com
PregnaJoy Happiness Life Coach
Certified Law of Attraction Practitioner
New YOU Wellness Coach (jenwaldner.com)
Legacy Consultant



Do the best you can
until you know better..
Then when you know better,
do better..

-Maya Angelou