

June Journal Prompts

1. WHAT TRUTHS HAVE I KEPT QUIET TO MAKE OTHERS MORE COMFORTABLE? WHAT WOULD IT FEEL LIKE TO SPEAK THEM OUT LOUD — EVEN IF JUST TO MYSELF?

2. WHAT PARTS OF ME ARE CRAVING TO BE WITNESSED, CELEBRATED, OR HEARD? HOW CAN I SHOW UP FOR THEM THIS MONTH?

3. IF I FULLY TRUSTED THAT I WAS SAFE TO BE SEEN, HOW WOULD I EXPRESS MYSELF IN MY WORK, RELATIONSHIPS, AND RITUALS??

4. WHAT DOES 'LIVING OUT LOUD' MEAN TO ME.. IN WAYS THAT GO BEYOND PERFORMANCE AND INTO SOULFUL AUTHENTICITY?

