

I AM JOURNAL

BY: AFURU N. IFILL



JOURNAL PROMPT

with

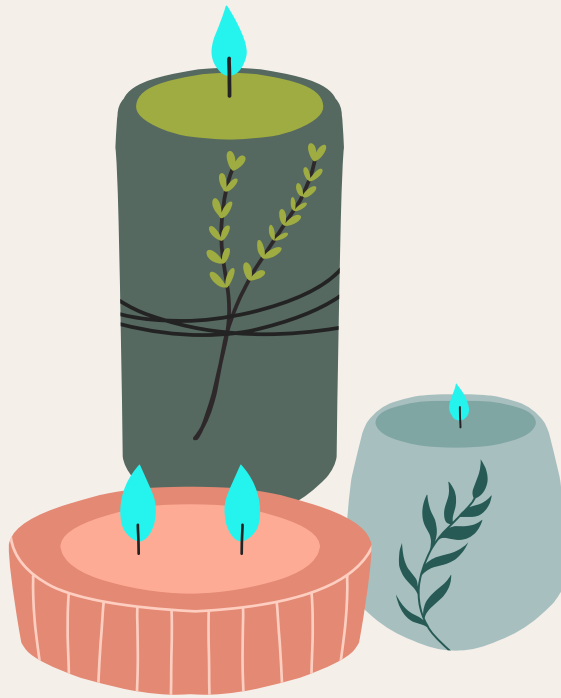
KEEP THE SUN ROOF OPEN



Meet the
AUTHOR

www.IamAfuru.com / @IamAfuru





This journal belongs to :



Welcome to the I am Journal

A companion to “Keep the Sunroof Open”

This journal is more than a journal of pages it’s a sacred space. A place where your soul can breathe, your thoughts can land, and your vision can take form. It was created to flow alongside Keep the Sunroof Open, chapter by chapter, to give you room to pause, reflect, and reconnect with yourself through honest words and intentional reflection.

So, what exactly is a journal prompt journal?

It’s a guided space filled with thoughtful questions and affirmations prompts that gently invite you to explore your heart, your habits, your dreams, and your daily life. These prompts aren’t about getting the “right” answer. They’re about uncovering your truth, in your voice, on your terms. There’s no wrong way to journal here. You don’t have to be a writer or a poet. You just have to show up. The rest will flow.

How to Use This Journal

Read a Chapter → Reflect: After reading a chapter in Keep the Sunroof Open, turn to the corresponding section in this journal. You’ll find prompts and reflections that match the themes and energy of what you’ve just read.

Write with Honesty: Don’t overthink it. Don’t censor yourself. Just write. Even a few words can move mountains.

Set Intentions: Use the pages to set your goals, name your feelings, or release what no longer serves you.

Vision Board Ideas: You’ll notice prompts designed to spark inspiration for your next vision board. Jot them down, sketch them out, and let your visions grow wild and free.

Come Back Often: This journal is yours. Use it when you feel stuck, when you're full of joy, when you're healing, or simply when you want to get quiet and listen. This is your mirror, your map, and your altar. It’s where you meet yourself again and again.

Welcome to your next level of healing, clarity, and creation.

Welcome to you.



Be Still, Its Time to Renew

A JOURNAL

with chapter prompts



A Companion Journal

to

Keep The Sunroof Open

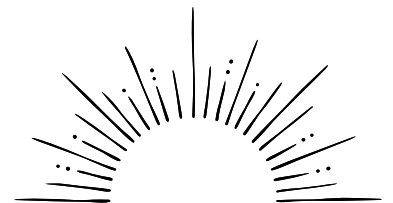


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01 Chapter

Date: _____

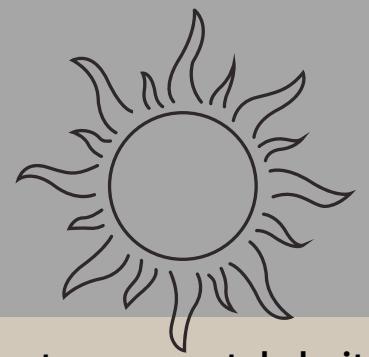
*Journal Prompt: What thoughts do I need to release today to make space for peace?
On the notes page create a mental detox box list. Write down every thought that has been
overwhelming you, then rip the page and throw it away.*



Affirmation: "I am free from mental clutter, I make space for peace."

VISION BOARD

CHAPTER 1



Include these peaceful imageries, open skies, candles, still lake – to rep mental clarity



VISION BOARD LIST

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VISION BOARD GOALS

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PAGE COMPLETE?



Notes

Feel free to print your own ideas

Draw your images

Add Stickers

Use Pinterest website for pics

SAMPLE

