



Journal It Out

5 POWERFUL PROMPTS
TO HELP YOU STEP INTO
YOUR BEST SELF

WHY JOURNAL?

Writing is directly linked to the subconscious mind. Your subconscious mind is the key to your reality. It holds all of the beliefs that influence the way that you think, speak and act.

When we journal we can clear things from the mind that are not serving our best and highest good or things that are stopping us from living our dream life. Our journal practice can create the mental clarity that allows us to sit for meditation, receive intuitive guidance or visualize our desires.

If you have a lot on your mind try writing down all of your "to-do's", anything causing you to be angry/frustrated, what you're worrying about, etc.

HOW TO JOURNAL?

Get a notebook or a blank sheet of paper and start writing. If you want to make your journaling practice fun go out and buy a new notebook that you really like and some pens that you really enjoy writing with. You want to do whatever you can to make sure that you look forward to your practice and not that it becomes just another task on your list of things to do.

You can start by writing about what your dreams were last night, what you're thankful for this morning, ideas you have, things that are stressing you out, your feelings, literally anything. My first journal entry went a little like this "I don't really know what I should be writing but I know that I want to do this so yeah here I am. I guess I'm hoping that if I do this everyday, I'll start to feel a little less mentally stressed. There's so much in my mind lately, like...." and that's when it all started to flow.

If you know that journaling would be beneficial for you but don't know what to write about, there are 30 journal prompts in this workbook to help you get started. You don't have to go in any specific order. You can do one each day or do several at a time. There is no right or wrong way to journal.

As you are journaling let yourself write down anything and everything that comes to mind, even if it seems silly or meaningless. When you go back and read your journal entries you might start to notice certain themes or patterns. Try not to edit your entries, just go with the flow, allow yourself to be messy and to make mistakes.

Day 1

Date: _____

What do I need to forgive myself for in order to fully move forward? How can I offer myself compassion in this area?

[illegible]

Day 2

Date: _____

When do I feel most aligned with who I truly am? What environments, people, or routines support that feeling?

[illegible]

Day 3

Date: _____

What boundaries do I need to set (or strengthen) to protect my energy and peace?

[illegible]

Day 4

Date: _____

What does it mean to me to trust the timing of my life? Do I?

[illegible]

Day 5

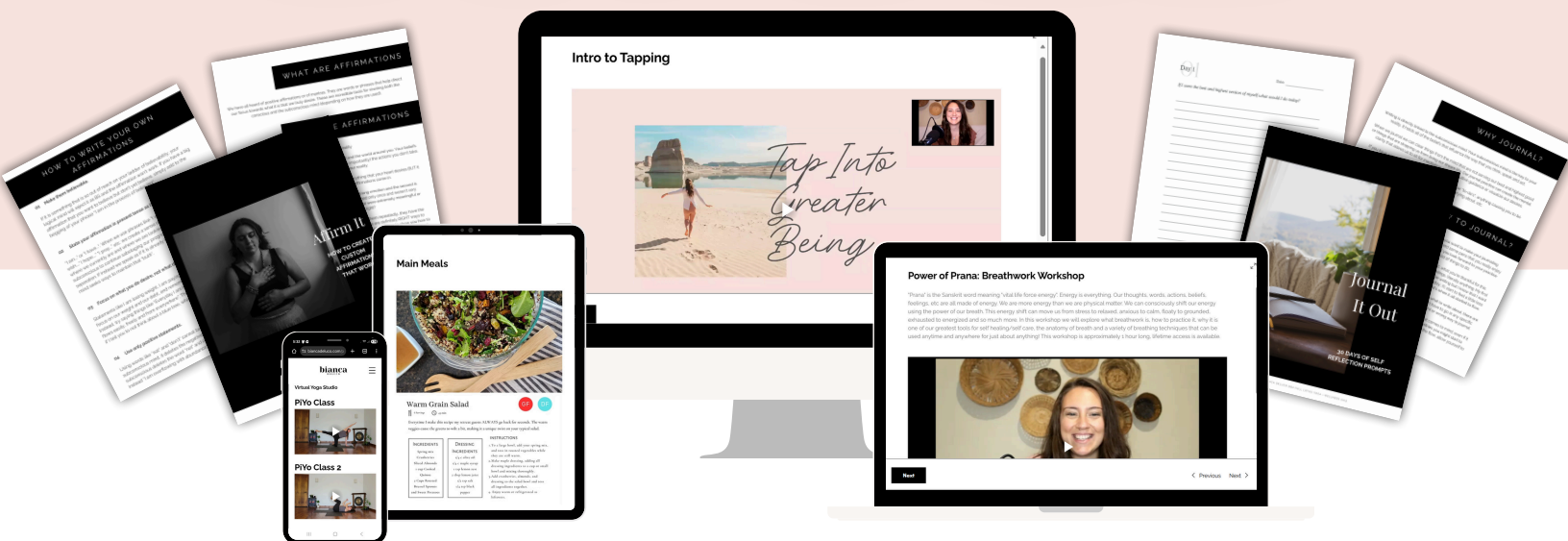
Date: _____

What makes me feel truly seen, heard, and valued? Do I create space for that in my life?

[illegible]

WANT EVEN MORE?

THE SELF CARE BUNDLE



The Self Care Bundle includes even more resources to help you feel your best so you can do your best! Inside the bundle is a month long guided journal to help keep your journaling practice strong!

As well as these additional GREAT resources:

- 21 Day Meditation Challenge
- Power of Prana: Breathwork Workshop
- Affirm It: Your Guide to creating POWERFUL and EFFECTIVE custom affirmations
 - Tap into Greater Being: EFT tapping workshop and practice videos
- Morning Masterclass: Your guide to crafting the PERFECT Morning Routine
 - Journal it Out: 30 days of Journal Prompts
 - Self Care Planner and Tracker

Use code 'BUNDLE' for 25% off!

GET THE BUNDLE

