



THE  
*Turn Inwards*  
JOURNALING GUIDE



*“Journaling is like whispering  
to oneself and listening to  
oneself at the same time.”*

Mina Murray



# Turn Inwards

## JOURNALING GUIDE



## WELCOME!

**I am excited to invite you into the world of journaling.**

I designed this guidebook to help get you started on your journey of journaling. I want to provide you with a practical framework, along with a range of processes to help you dig deeper and get the most out of this practice.

Many people struggle to find their flow when they begin journaling and wonder if they are 'doing it right'. Sometimes it can feel like hard work and it may not feel as effortless and enjoyable as other people describe.

So the intention of this guidebook is to help you break through the confusion by giving you simple starting points and step by step instructions.

Once you feel comfortable and at ease with your practice you will be able to release the structure, and allow your intuition to guide you.

It will become a unique and personal practice that you can tailor and modify to suit whatever support you need at any time.



## THE PURPOSE OF JOURNALING

*Journaling is a beautiful practice that will allow you to develop greater self awareness and build a stronger relationship with yourself.*

Ultimately, I see journaling as tool for self-discovery.

It provides you with an opportunity to turn inwards and listen to your inner self. It will help you unpack your inner workings and explore your inner world.

So be curious, open and willing to discover new things about yourself. See this as a place to learn, grow and explore and find greater clarity around who you are and why you do what you do.



Through developing a consistent journaling practice, you will find that over time you will come to understand your mind and emotions in a much deeper way. You will be able to see key themes in your thoughts and beliefs systems. You will uncover triggers, old wounds and patterns, and be able to use your journal to create deep healing and transformation, as well as receive guidance on the areas of life that challenge you.

This practice can support you to track your progress towards your goals, document your journey, acknowledge your success, learn to love yourself and give gratitude for what is working in your life.

Or it can be like your best friend or therapist - the place you go to vent, brain dump, process your emotions, honour your pain or fear and provide comfort to yourself.

Remember your journal can be whatever you want it to be, so let's start to explore a bit more about how you personally want to use this practice.



## JOURNALING GUIDELINES

*A few things to keep in mind before we begin:*

### **Ditch The Rules & Expectations**

Journaling is a personal practise for you to make your own. There is no right or wrong way to do it. Release your expectations of how you think it needs to feel or look. Your journal is simply your place to explore yourself, your thoughts, your feelings and your inner self. It is all about experimenting until you find what feels good to you.

### **Release Perfection & Get Messy**

Journaling is not the place for perfection. It is a place to let things get messy, be expressed however they want to be expressed. Allow this to be a free place for yourself to express without any mental ideas of what it should look like. The more you can drop into the messy expressive flow, the more nurturing and supportive your practise will be.

### **Make It About The Process (Not An Outcome)**

Make your journaling practise more about the process and experience and less about the outcome. Stay present to what is unfolding or arising in each moment without needing to get to a destination or figure something out. Allow it to unfold naturally and stay present to the experience and process.

### **Be Patient & Persevere**

You may not find that flowing, connected, effortless feeling right at the start. In fact, for a while there it may feel robotic and surface. But with practise you will be able to drop out of your head and you will begin to open up a deeper space within yourself where true guidance will begin to flow.

## WHAT THIS GUIDE INCLUDES:

This guidebook covers 10 of my favourite journaling practices that I personally use on a weekly and sometimes daily basis.

Each journaling practice will include step by step instructions, along with an example of my personal responses and how I use this journaling style.

Use the instructions/processes as a framework, but also feel free to tweak them to find your own unique way of using them.



## WE WILL COVER:

|  |         |
|--|---------|
| <i>1. Create Your Bliss List</i>               | Page 07 |
| <i>2. Daily Intention Setting</i>              | Page 10 |
| <i>3. Clear Inner Clutter</i>                  | Page 13 |
| <i>4. Shift From Fear To Love</i>              | Page 16 |
| <i>5. Receive Inner Guidance</i>               | Page 19 |
| <i>6. Consciously Create Your Desires</i>      | Page 21 |
| <i>7. Evening Reflection</i>                   | Page 24 |
| <i>8. Processing Difficult Emotions</i>        | Page 27 |
| <i>9. Manifestation &amp; Success Tracking</i> | Page 30 |
| <i>10. Raise Your Vibration</i>                | Page 33 |



## 1. CREATE YOUR BLISS LIST

This first practice is a simple beginning point if you are ready to live a more love-driven life. I began this practice when I was 27 and on a deep soul seeking journey of connecting with my authentic self. I was feeling lost and my life felt heavy and full of things that weighed me down rather than making me happy.

So I started writing a bliss list that ended up filling up 4 pages of my journal. I tapped into my heart and uncovered all the little things that I loved, which made me smile, made my heart sing and filled with me joy. Once I uncovered these I made a commitment to bring them into my life as much as I could.

At the time I was still in a day job I hated, and was unhappy with many areas of my life, yet my bliss list came me a way to to integrate joy into my days, and do the little things I love. In turn I found a whole new level of happiness within myself despite my circumstances.

It made such a radical difference to my life that it is now a practical recommend to all of my clients.



### *How To Create Your Bliss List:*

+ Prepare yourself for this exercise by doing something that brings you into your body, slows you down and helps you connect into your heart energy.

+ Reflect on your life, and the places, experiences, things, events, people that make you the happiest. Think about the moments where your heart feels full and the practices that make you feel calm, grounded and whole. What makes you feel free, alive, inspired, excited and aligned?

+ Write and write until you have filled at least one page and continue adding to this list as things come to mind. If you get stuck, you can use these questions as a prompt to help you.

What do I love about life?

When am I the happiest?

What makes me get totally lost in the moment?

What are my favourite places to be?

What makes me smile?

Where does my heart feel the most content?

What are my favourite smells?

What are my favourite tastes?

What are my favourite textures or feelings?

What fills me up from within?

What soothes and calms me?

What/where feels comforting and grounding to me?

What inspires me?

What makes me feel connected to myself?

Who are my favourite people to be with?

When do I feel the most at peace?

What are my favourite ways to express my creativity?

What are my favourite ways to move my body?

What aligns me with my heart, my soul and my higher self?

+ Once you have your list, commit to finding ways to integrate these experiences into your life every day.

+ Remember this is purely about JOY. Don't write anything down unless you truly FEEL it. Only place things on this list that create the feelings you truly want to experience in yourself and your life.

**Example:**

*This is an actual excerpt from what I wrote in my journal when I was 27! Don't discount anything on your list as being too small or silly. As you will see from my list, it is full of simple pleasures. For me, these mini moments of bliss have added up over time to create huge changes in how I feel.*

- + Meditation
- + Reading anything from my self-help bookcase
- + Walking outdoors in nature
- + The warm glow of candle light
- + My sheepskin rug
- + Making fresh raw green juice
- + Being at the beach and swimming in the ocean
- + Health food stores and how they smell
- + Writing on my blog
- + Dancing and singing
- + Painting
- + Getting a massage and/or a manicure
- + Watching my favourite YouTube videos
- + Talking to like-minded people
- + Yoga by candlelight
- + Sunrise and sunsets
- + Herbal tea
- + The smell of incense
- + The sunshine on my skin
- + Deep breathing
- + Organic mangoes and medjool dates
- + Sessions with my crystal healer, life coach and kinesiologist
- + Finding amazing books in 2nd hand book stores
- + Workshops with inspiring content and like-minded people
- + Creating my vision board
- + Lying in the park surrounded by trees
- + Playing with my mum's cat
- + Listening to Abraham-Hicks
- + Raw food sweets
- + Long, sweaty runs by the river
- + Fresh flowers
- + (It went on like this for another 4 pages...)



## 2. DAILY INTENTION SETTING

This is another of the practices I took on when I was 27 and I was itching to change my life. Despite being unhappy in my job, I still wanted to feel intentional about each day and feel in charge with how I was feeling.

This is a great morning practice to get you back into your power. It will help you tap into your ability to create your reality, and will help you feel empowered in the areas where you currently feel dissatisfied.

Simply, it involves setting some intentions for the day and choosing some core desired feelings that you would love to experience.

It will help you take charge of how you feel and how you experience your day, no matter what comes at you. Rather than being reactive and having your emotional state go up and down based on what life brings you, you will eventually be able to feel steady, intentional and clear.



### *How To Use Your Daily Intention Practice:*

- + Before you begin journaling, start by checking in with how you are feeling. Start at the top of the page - *'How am I feeling today?'* And then just begin writing and see what flows. Let this be your beginning point to just checking in with what is unfolding within you today.
  
- + Then ask, *'How would I love to feel today?'* You may choose one key word, or perhaps a couple of words. I often choose words such as Calm, Grounded, Expansive, Aligned, Abundant, Free, and Open
  
- + Take it one step further and ask, *'What would it look like if I was embodying that word today?'* Write that out or just close your eyes and imagine how you want your day to unfold.
  
- + Then ask, *'What can I do today to help me feel that way?'* When I was working on feeling calm I did a few things - I reduced my caffeine intake, I would listen to a guided meditation on the way to work, I made sure I had a lunch break each day preferably sitting outside, and I also practised taking 5 deep breaths at any stage though the day where I felt overwhelmed or reactive.
  
- + So as you move through your day, keep your feeling word in mind. Notice that there will a lot of things unfolding that will potentially disconnect you from your feeling world. But keep coming back to it and using it as your guide. Repeat it as your mantra and let it guide how you respond to everything that comes your way.
  
- + You can also choose to set 1-3 intentions for the day ahead. These may be things you are wanting to focus on personally around your self-care, self-love or health practices. It may be something you want to do or achieve. It may extend from your feeling word and be related to how you want to handle a certain situation that day.

### *Examples:*

**How am I feeling today?**

Anxious

**How would I love to feel today?**

Calm

**What would it look like if I was embodying that energy today?**

I would be breathing slow and deeply. I would be moving more slowly and consciously. I would be responding to my work tasks with a clear mind. I would work on one thing at a time, giving it my full attention. I would feel relaxed and trusting that everything which needed to get done today, would get done. I would feel like everything was ok. My body would be relaxed and at ease. My shoulders would feel softer and more relaxed. My jaw would be soft and relaxed. I would move more slowly with everything I do. I would be clear and calm when I was communicating with others. I would allow myself to take breaks to rest, clear my head and reset my energy. I would eat my lunch without any distractions and be present to the experience and enjoy it. If I felt triggered and wanted to react emotionally, I would pause and take a few deep breaths before responding.

**What can I do to help me feel that way?**

Regular breaks, herbal tea instead of coffee, use lavender oil through the day, work on one thing at a time, have one browser open at a time, breathe deeply, play calming music as I work, put my phone in the drawer to help me stay present, do a morning meditation/movement practice before I begin working.

**What are my intentions for the day ahead?**

- + To sit in meditation for 10 minutes in the morning
- + To record an Awaken Radio podcast
- + To clear out my inbox
- + To embody my feeling word, 'Calm'
- + To do a YogaGlo yoga class at home before bed



### 3. CLEAR INNER CLUTTER

This is a nice, simple practice to get yourself into the flow of journaling and starting to let out everything that is going on within you.

The intention of this practice is to clear your mind and inner self of all of the noise, thoughts and emotions. It is a way to process what is going on and create inner space.

Journaling is all about flow, so sometimes our beginning point is just learning how to open up the flow.

The biggest thing that will interfere with your ability to journal is over thinking. With this style of journaling, to not stop to re-read what you have written, nor over think what wants to come out.

All you do, is put pen paper and start writing. It is long hand stream of consciousness. You simply just write and allow what ever wants to flow onto the page to flow.



### *How To Clear The Clutter:*

+ This style of journaling is based on the concept of morning pages by Julia Cameron, author of *The Artist's Way*.

*\*There is no wrong way to do Morning Pages\* -  
they are not high art. They are not even "writing." They are about  
anything and everything that crosses your mind - and they are for your eyes only.  
Morning Pages provoke, clarify, comfort, cajole, prioritise and synchronise the day  
at hand. Do not over-think Morning Pages: just put three pages of anything on the  
page... and then do three more pages tomorrow."*

+ All you need to do is simply open up your journal, put your pen on the page and begin to write. Let whatever is in your mind, flow out. This practice is best to do upon waking - the first moment you wake up.

+ This is such a great way to clear inner clutter. You can also use this at times when your head just feels noisy and full of thoughts. Use this almost as a mental detox to just let it all pour out of you.

+ Externalising your thoughts creates inner space and helps you gain perspective. It eases the anxiety and inner tension that often arises from holding things in. It helps us get all out!

+ These pages do not need to be legible or neat or even readable. The purpose is not to document anything profound but clear your inner landscape. You may even throw these pages out. They may just be full of random thoughts circling your mind.

+ If you don't want to do this practice as morning pages specifically, you can use it as a way to clear your mind at any time you feel full of thoughts and inner noise. Just put pen to paper and let whatever is within you flow out onto the page.

+ If you make this a daily practice pay attention to recurring themes or patterns that seem to arise.

**Example:**

*Below is an excerpt of some of my stream of conscious writing. I feel to share it as an example of my experiences with this style of writing. But please keep in mind there is no right way, and no wrong way, to do it.*

I am typing whatever comes into my mind and I am just going to let it flow. I want to allow whatever is swirling within me to come out and just flow onto the page. It is difficult to not over think what I am writing and try to control it so that it comes out in proper sentences, I also notice myself wanting to re-read over what I have written, or go back to fix errors and typos. It is such an interesting process to watch all of the inner dialogue that goes on around this. I am wondering if I will be able to fill up a page of this writing and when the flow will end. It feels really like this is just a lot of surface thought and it makes me realise that this type of running dialogue and analysis of everything must be going on all the time - all day every day, but I am so unaware of it. Of the constant chatter in my head and the endless analysis and judgement of the world around me. I just noticed myself want to go back and fix up a typo that I saw. The red underline of the word really bothered me and was so distracting as I was writing. I found myself unable to concentrate while that line was there, and I had to go back and fix it. But then I broke my flow and I felt annoyed at myself for needing to go back and fix it, but I honestly could not help it. Ok, my hands are getting tired now and I am noticing my mind wondering when this is going to end and how much longer I have to go and when this will be over and what else I am going to type about. I guess that this is a normal thing that will arise and that despite all this chatter, you just keep going. You just keep going. Despite the resistance, the inner dialogue, the discomfort, you just keep going. That is an interesting thoughts isn't it. How often I don't just keep going - instead I stop and I pause and I think and I step away because it becomes hard and uncomfortable and unenjoyable and my mind says that it doesn't want to do it anymore and so I stop. I quit. I give up. I can hear my mind mentally complaining - that this is taking so long and going on forever, and it is bored and wants to go onto the next thing. This is a funny practice isn't it. I think it is actually a great way to witness the mind and just how much rubbish goes in there. How nice it would be to be free of that and to just be able to be with an experience without all the analysis...



## 4. SHIFT FROM FEAR TO LOVE

This style of journaling will take you a little deeper and is a supportive tool for creating inner shifts and transforming your mindset.

When your mind feels full, noisy, full of fear, anxiety and worry, and limiting thoughts that are not at all supportive, this practice can help you to find clarity and clear out the inner junk.

First of all, let's give fear a place to communicate. If your mind has something to say, we want to let it be heard. We want to acknowledge and listen to it. Once we give it its space, we then want to call in love. We want to invite our heart to speak and give it equal space.

Sometimes this is the part we forget to do. We forget to ask our heart for her opinion. We just try to get rid of fear, but don't create the space of love to speak.

So let's honour both voices but then choose which one to listen to. Let's make this a conscious practice of shifting out of fear and into love.



### *How To Shift From Fear To Love:*

- + When your mind or energy system feels full of fear and anxious thoughts, use your journal as a place to work through and process the fear, but also consciously work to create a shift into love.
- + Start by drawing a column down the middle of the page. On one side at the top, write fear and on the other write love. You can also use words such as, head and heart, if those words resonate with you more.
- + On the 'fear' side, give yourself space to express all of the fear, worry or anxiety that is arising. Allow yourself to list out everything your mind is telling you about this situation and all of the fears. Let the fear have a voice and a space to be expressed. Do not judge any of these thoughts, or make them wrong, or feel ashamed for having them. Rather, give fear full freedom to express its perspective and have its say.
- + Once you're done, close your eyes and breathe into your heart and set the intention to connect with love, to receive guidance from your heart, and to shift your perspective to see this differently.
- + Now, ask yourself, *"What would love say?" "What would my inner cheerleader tell me?" "What is my heart's guidance?" "What is my deeper wisdom telling me?" "How can I see this differently?"*
- + This perspective may take a little longer to access, but keep breathing into your heart and asking the questions until you hear new thoughts appear in your mind. Write them down in the 'love' column.
- + Once you have filled the column, close your eyes again and breathe into the energy that these love statements create in your body. Hold that energy in your body and imagine everything in this situation working out smoothly, easily and perfectly.

*Examples:*

**FEAR**

I just want to give up on my dreams. No matter how hard I try, it never seems to work.

Everyone else is so much better than me. I feel like nothing I do is good enough.

I just don't have what it takes to make this happen.

Nothing I do ever works out.

It is all too hard and I can't do it.

I feel angry at myself as I just keep sabotaging and getting in my own way.

**LOVE**

I know that my heart has given me this desire for a reason, and that it would not have given it to me unless I was capable of achieving it.

Maybe I am capable of more than I give myself credit for. Maybe I just need to keep taking it one step at a time and trusting the process.

There have been many things in the past that I didn't think I could achieve and I did.

I deserve to live a life that I love and I deserve to be happy.

I know I have a message to share with others that could really help them. It is more important to me to support others, than my own insecurities.

When I listen to my heart it tells me I can do this. It tells me to trust and be gentle with myself.

I want to live as my best self, and I am going to show up every day with this commitment.



## 5. RECEIVE INNER GUIDANCE

This form of journaling is once again a bit of a deeper practice, so it may take some time to find your flow with it. I see it as like a Q&A with your divine guidance, your higher self and your soul.

This practice is often easiest after some type of meditation or even a movement session where you feel you have slowed down and created some inner space, and where you feel more deeply connected to yourself.

It can also flow on well from the fear to love exercise, or the desire creation journaling, as it is your way to receive guidance on what you are working through.

When you start this, you may find it hard to find your flow, or you may question if it is actually your inner guidance speaking. Again this type gets easier with journaling and the more you practise it, the easier it will become.

Don't analyse what flows through. If it feels comforting and supportive then that is all that matters! Trust what feels good.

### *How To Receive Inner Guidance:*

+ Connect with an area of your life that you would love some guidance around at the moment. This may be an area where you feel confused, stuck, overwhelmed or lacking direction.

+ You may want to write a little about the situation in your journal and start to get some clarity on what guidance you are seeking around this situation. Are you wanting to know which decision to make, what step to take, or whether to forge ahead or wait? Are you wanting to know what you need to do, if it is time to make a change, or what spiritual lesson you need to work through with this challenge? Think about exactly what you would like to know from your guidance.

+ I usually try to keep my questions quite open and broad as it allows my guidance lots of free space to pass on whatever messages I need. It also helps not have a mental agenda around what answer I want to hear.

+ **You can ask questions like:**

- What are my next steps?
- What action should I take?
- Is it time to wait or to forge forward?
- What is blocking me moving forward in this area?
- What is the lesson/learning in this experience for me?
- What do I need to shift to be ready to receive this new desire?
- Or my favourite: What do I need to know about this situation?

+ Create a space for you to sit in meditation, slow yourself down, tune inwards and listen. You may need to sit for 5-10 minutes to really relax and drop in deeper before you hear or feel anything.

+ Listen for the soft, loving, simple voice that communicates wisdom and guidance. Allow this wisdom to not make sense, or to be different to what you expected. Allow yourself to be as open as possible to what wants to flow through.

+ Don't think too much about it. Just begin writing down any responses that flow through to your questions. Notice what messages, wisdom, feelings, insights or support flow onto the page.



***Examples:***

*I encourage you to trust whatever flows through, even if it makes no sense or seems random or unclear. The more you trust your inner guidance, the more you open up the channel for it to flow. Be wary of your mind questioning you, and just trust what you feel, hear and sense. Everybody's guidance communicates differently, but these days mine tends to flow in short sentences, like the examples below.*

**Dear Inner Guidance,  
I feel unclear about my next steps in my living situation. What do I need to know about this situation?**

Everything is unfolding how it is supposed to.  
Let go and surrender and trust.  
You are exactly where you are meant to be right now in this moment.  
All the answers that you need are inside of you.  
Now is not the time to create external change.  
Instead focus on creating inner change.  
It is time to let go and live more in the here and now.  
Love and appreciate where you are.  
Make the best of where you are.  
Be happy where you are.  
Love where you are while wanting more.  
Your energy in this moment is creating your future.  
What you feel now is creating your future.  
Connect with the feelings you want to feel now.  
This will make you magnetic to all that you desire.  
Loving where you are now will align you with the future you desire.  
Drop the resistance and come into acceptance.  
Know your desires are on their way.  
Everything is working out perfectly.  
It is all coming together in the divine way it is meant to.



## 6. CONSCIOUSLY CREATE YOUR DESIRES

This style of journaling is a more of practical and deliberate way of using your journal, designed to help you consciously create the life you desire. You can use this both for external manifestations you wish to call in, and also for internal changes you wish to see yourself making in who you are being and acting.

This is your conscious creation tool. This is where you declare each day what you desire to experience. As you give these desires energy every day, you begin creating them.

Your mind may have objections at the beginning, and also know that you may need to work on these for a while before you see any changes manifest. But be patient. This is your place to get intentional about your life, to place energy on what you want, to communicate with the universe, and to create clarity about what you want to manifest.

This is a fun, creative process, so keep it light and playful!

## *How To Consciously Create Your Desires:*

- + Choose to either focus on one area of life such as: relationships, finances, your health, your career etc... Or you can write about all areas of life at once and focus on how you would love your life to look and feel in general. Or you can specifically write about yourself and the inner changes you wish to experience in how you feel, who you are being, and how you show up
- + Start to connect with what you desire. What do you want? What do you want to create? What change are you craving? What new things are you ready to call in? Who do you want to be and feel? What do you want to be experiencing?
- + Close your eyes and use your imagination to connect with the visions, dreams and desires you hold for your life. As you begin to think about what you want, what you would love to experience, have or be doing, notice what images come to mind and what you feel.
- + As you start to feel clarity or excitement or desire within you, open up your eyes and write out these desires and visions as though you are writing out the script of your life. Describe yourself and your life in detail, as if you were living everything that you desire to be living, right now.
- + Don't write these statements as "I want...", Instead write it all in the present tense, using statements beginning with "I am..." and "I have...". Or if you have resistance to that, seeing your mind doesn't believe you, you can say "I am in the process of creating..."
- + You can also write it with a set date if you have a goal to manifest by a certain time, e.g. "It is now December 31st 2017 and I am..."
- + I recommend reading these statements, or writing about them, and also visualising and feeling them every day.
- + Remember to focus a lot on the feelings of these desires, as the point of this exercises to connect you with the energy of *having* your desire. Do not stress too much about the specifics or get attached to how it must look. But use the details as a way to help activate the feelings of your desire.

### *Examples:*

"I am in the process of creating a beautiful, new home for myself. It is light, bright, drenched in sunlight, filled with beautiful furnishings, wooden floorboards and stunning views. In this home I feel calm, free, at ease and abundant. I cook nourishing foods in my big kitchen and practise yoga in my spacious living room. This home comes into my life so effortlessly and I feel so grateful to be here."

"I am in a committed partnership with a conscious man. In this relationship I feel loved, supported and fully accepted for who I am. He is stable, grounded, dependable and present. I feel safe, at ease, and like I can depend on it. I am so grateful for this beautiful love in my life."

"I am living as my very best self. Each day I move my body with love, I eat wholesome nourishing foods, I use all natural body products and essential oils. Each week, I practise yoga, go for sunset runs and I have a nourishing morning routine filled with meditation and journaling. I feel a deep sense of love and acceptance for who I am. I show up each day as the very best version of myself."

"I am in the process of manifesting my very own business where I spend my days doing what I love every single day. I feel on purpose and excited about the work I do everyday. I work on projects that I love and have complete freedom and flexibility to create my day as I choose. I am abundantly supported and I receive a prosperous flow of money into my life through selling my gifts, services and creations. I feel confident, happy, fulfilled and supported in my business and my work in the world."

"I am beautiful. I am magnificent. I am successful. I am abundant. I am thriving. I am aligned. I am expansive. I am radiant. I love who I am."

*Once you have written out your desires close your eyes and imagine yourself in this reality. Spend 5-10 minutes visualising and feeling the desires and connecting with them energetically. I recommend doing this every day, if you are committed to bringing these desires to life.*





## 7. EVENING REFLECTION & WRAP UP

This is a beautiful way to wrap up and end your day with gratitude. It helps create closure at the end of the day and allow you to take stock of what you experienced. Days can fly by so quickly and they can all roll into one unless you decide to live in a more deliberate way.

Every day is filled with blessings. Every day we are achieving and growing. It is so important to acknowledge our progress and give thanks for everything that unfolded.

This practice helps create an ending to the day, where you can sit on reverence of all you experienced and it helps close off the day so when you wake up tomorrow it once again feels as though you have a clean slate to create upon.

Of course, you can also use this at different times through your day to shift and re-calibrate your energy and focus.

### *How To Do Your Evening Reflection:*

- + This is a lovely practice to use before you go to bed, or as you are winding down at night. You may want to turn this into a little night time ritual accompanied by a scented candle, or a warming cup of herbal tea.
  
- + Take a few deep breaths into your heart and take a moment to give thanks for the day that has been. As you breathe into your heart, begin to awaken the feeling of appreciation and gratitude. Today was another day in the chapter of your life.
  
- + Mentally scan back through your day, reflecting on all that transpired, how the day felt and what you experienced. If it is supportive for you, you can even journal about your day, making notes on what you did or achieved, or what unfolded. Think about all that happened, and feel the abundance of all of your varied experiences from the day.
  
- + Reflect on the following questions:
  - What were some of the highlights of the day?
  - What am I proud of myself for?
  - What are some of the small moments I enjoyed or appreciate?
  - What did I achieve that felt like a win or a success?
  - How did I go with following through on my intentions?
  - What am I grateful for from today?
  - How did today feel?
  - What learnings or insights can I take from today, from anything that did go as well as planned, or from anything that didn't feel good?
  - Was I happy with the choices I made?
  - What progress did I make towards my goals or intentions?
  - What do I want to express thanks for?
  
- + Choose to focus your attention on abundance, appreciation and gratitude. Focus less on what didn't work or what you weren't happy with, and more on what you loved, enjoyed and were happy about from the day.

*Examples:*

+ A few highlights from today were: eating lunch in the beautiful sunshine, the compliment I received on how I looked today, finally ticking the item off my to-do list that I had been procrastinating on, my morning yoga practice, reading some Abraham-Hicks while eating lunch and being hit with lightening bolt realisations, pressing publish on the latest Awaken Radio episode, the nourishing phone chat with my bestie, and the wholesome, organic dinner that I made for myself.

+ I am proud of myself for showing up for a few of the work tasks I had been avoiding and getting them done. I am proud of prioritising my self-care today and making time for yoga and cooking even though I was tired.

+ I felt quite connected to my feeling word, 'Calm' today. I did notice at some points my breathing was a little shallow and my shoulder felt tense so I stepped away and did some stretches and felt much better. I sipped on herbal tea this afternoon rather than reaching for coffee.

+ I learnt some interesting things today about facing the tasks or areas of life where I have resistance. I have actually found so much power in facing those tasks rather than avoiding them. I noticed such an incredible feeling of lightness and space once I finally completed them. I realised procrastination is such an energy drain and actually, just ripping off the bandaid and doing the task is way better!

+ I feel really happy with the choices I made today. I felt like I was efficient with how I chose to use my time. I used the fresh produce in my fridge to cook rather than getting some take-away from down the street.

+ I want to give thanks for my ability to work from home, and being able to spend this cold day indoors on my sofa working with clients and working on projects that excite me. I am thankful that I have the ability to take breaks whenever I need to to roll out my yoga mat in the middle of the day to stretch and relax whenever I need it.



## 8. PROCESSING DIFFICULT EMOTIONS

Sometimes when we are in a highly emotional state, it can be incredibly difficult to find clarity on what we are feeling and why. We can feel confused and overwhelmed and stuck.

This journaling practice will help give you some insight into what you are feeling and will help you unpack your feelings in a deeper way.

I don't want this to become too much of a heady process, however, it can be helpful to gain insight into what has actually caused this emotion to rise. When we can dig a little deeper into the root cause behind our emotion it can support us to clear it out for good, meaning it will not continue to get triggered.

Please don't use this practice to try to fix or change your emotion. But approach it with love and softness and with the intention to support yourself through what you are feeling in a gentle and compassionate way.



## *How To Work Through Difficult Emotions:*

+ Use this practice when you are feeling emotions swirling within you, or you have had a strong, emotional reaction to something that has happened.

Explore the following areas:

**+ Trigger:**

What happened? What was the trigger? What caused my emotion to rise?  
Was there an event that occurred? Did I see/hear something?

**+ Reaction:**

What did I start telling myself? What did I make this mean? What did I tell myself about myself? What was my inner reaction and thought process?

**+ Emotions:**

What emotions arose within me?

**+ Body:**

Where in my body do I feel this emotion?  
What does this feel like in my body?  
What physical sensations can I feel?

+ Once you identify the sensations, close your eyes and place your hands over this part of your body. Breathe into the sensations and what you are feeling and send love to this part of your body where this discomfort is arising.

+ Stay with the sensation for as long as you can. Just being present to the energy and seeing if any other messages are revealed or any other insights arise.

**+ What Do I Need?**

What do I need right now to support me through this?

*Examples:*

- + **Trigger:** I was on social media and I saw someone had created something very similar to an idea I had. Their creation was beautiful and amazing and perfect and I felt my whole inside crush and crumble and I started crying.
- + **Telling myself:** I began to tell myself that my dream is impossible. That I now have to give up on my dream because someone else has done it, and done it way better than me. I will never have what I want. I will never get anywhere. I might as well give up.
- + **Emotions:** Sadness, disappointment, frustration, hopelessness.
- + **What does this feel like in my body:** The feelings that began to arise were a heaviness all over my body, a sinking feeling in my heart and belly, I felt my heart speed up and a tightness appear in my belly. I felt my energy system shut down. I just wanted to shrink into a ball and hide. There was a hopeless feeling of sadness in my chest.
- + **What do I need right now? :** I feel like I just want to lay on the floor for a few moments and breath into this energy, as it seems to soften as I do that. I also feel like I need to take myself on a nature walk to shift some of this funkiness, clear my head and shift my perspective. I also want to ask my intuition for her guidance on this situation so that I can see it differently, as on some level I still believe in my dream and I do not want to give up on it.

*From here you have a few options – you can stay breathing with your emotion. Some times breathing into it and staying present begins to shift it. You could also use the Fear To Love or Inner Guidance journaling as this time to get a different perspective on the situation. Or do something from your Bliss List to love, nourish, support and nurture yourself.*



## 9. MANIFESTATION & SUCCESS TRACKING

I have used this technique countless times in my life when I have had a vision, dream or intention I have been working towards.

This practise builds your faith and trust in the Universe, strengthens your ability to manifest, puts you in your power and boosts your confidence.

I write down, acknowledge and celebrate every single tiny win, success, manifestation, result or step of progress that is showing me my dream is coming to life and I am moving forward.

This is great for times when you feel dishearten or despondent that nothing is changing. Once you start to acknowledge the small steps you are taking or the small manifestations that are unfolding, your energy will shift, and it will boost your faith and belief in your desires.

When you are in a process of manifesting you must ensure your mindset and energy are aligned with what you want, and feel positive and focused on what you do want. Otherwise you will sabotage and/or slow down your desire.

## *How To Use Manifestation & Success Tracking:*

- + Firstly, get clear on what you are wanting to create or manifest. You may use what you wrote in the *Creating Your Desires* process.
  
- + Use your journal to track and document:
  - **Any steps that you took towards this desire.**  
It could be the gym class you went to, the smoothie you made, the morning practice you completed, the email you sent, the 10 minutes you spent writing in your journal, the blog post you wrote, the social media post you posted, the healthy dinner you cooked, the person you reached out to, the date you went on, the project you worked on, the conversation you initiated, the class you enrolled in, the morning you didn't snooze through your alarm.
  
  - **Any manifestation (no matter how small) that unfolded towards this desire.**  
Acknowledge anything the Universe brought you which matches what it is you have declared you want. It could be as simple as an email you received, a sale you made in your business, a new follower on your instagram account, a text message, a new match on your dating app, a new yoga class you discovered, a new friend/connection you made.
  
  - **Any opportunity or result that unfolded.**
  - It could be the reply from the email with a yes, the money you received, the person wanting to meet up with you, the book that just landed in your lap, the blog you discovered, the workshop flyer you saw, the online class you were guided to.
  
  - **Any new ideas, learnings, insights that dropped in.**  
Acknowledge any new inspired ideas, thoughts or insights you had around this desire.
  
- + Create a way to track these details. It could be as simple as jotting down notes each day and saying a big thank you to the Universe. It could be, having a chart, calendar or diary where you tally something such as your fitness commitments, or healthy eating. You can even use things like stickers, a highlighter or coloured pens to indicate and track progress. You could have a manifestation journal with pages for each of your desires, and you track your progress in there.



*Examples:*

*I used this practice a lot when I very first started my blog, and was wanting to grow my community, share more of my writing, connect with like-minded people, and step into more of my purpose.*

*I was also working on creating daily commitments to meditation, movement and healthy eating.*

- + I had 10 new people follow my Instagram page today!
- + I wrote a big blog post about how to love yourself more deeply.
- + I had someone leave a comment on my blog!
- + I found a workshop coming up in 2 weeks. I was in my local cafe and saw the flyer on the wall! I am totally going to go.
- + I connected with a women through our Instagram accounts who lives near me and we are going to meet up for tea.
- + I made a big green juice this morning.
- + I just signed up for a 30 day trial at my local yoga studio.
- + I received an email from a person today sharing how much my blog was helping them.
- + I had a new idea drop in today about a free ebook I can write to build my online community and email list.
- + I found a Facebook group that I joined full of amazing, like-minded women in Australia.
- + I chose herbal tea over coffee today.
- + I received an email back to my article submission and they said YES.
- + I took myself on a sunset walk around the block tonight.

Thank you Universe! All of my dreams are coming true.



## 10. RAISE YOUR VIBRATION

The practice of appreciation, gratitude and looking for the positives in every situation has a beautiful way of shifting your energy and amping up your vibes.

Sometimes without realising, you can be spending much of your day thinking about what you don't like, what you don't want, what feels like it is missing and what is not working. This can gradually deplete and drain your energy and leaving you feeling flat, while also causing you to manifest more of what you don't want!

This style of journaling can shift your focus to find the positive aspects of every situation and shift you into a state of appreciation. This will raise your vibration and energy and make you a magnet to more of what feels good!

Remember, what you focus on in a situation is what expands. So, if you want life to feel good, start focusing more on what feels good about where you are, rather than what you think is wrong with it.

### *How To Raise Your Vibration:*

- + This process will help shift your energy and your focus from feeling negative and resistant, to feeling accepting and appreciative. It will shift your attention off what is not working, and onto what is working and the hidden blessings in this challenge.
  
- + Start by noticing if there is any area of your life, or within yourself, that is weighing you down, feeling unsatisfying or stressful. Notice what you find yourself complaining about, what you don't like, don't want, or what you feel is missing.
  
- + **Explore the following areas:**
  - If I were to choose to believe that I am exactly where I am meant to be and everything is unfolding perfectly, how would I see this situation differently?
  - If I stopped fighting and making it wrong, and could instead see the benefit of where I was, what would be different?
  - What is this experience teaching me?
  - What am I learning about myself?
  - How is this helping me get even more clear on what I desire of my life?
  - What new desires is this causing me to birth? Now that I know very clearly what I don't want, what do I want instead?
  - How can I make the best of where I am? What will enable me to get the most out of this situation?
  
- + **Then shift into gratitude and appreciation:**
  - What am I grateful for about this situation?
  - What are the positive aspects of where i am?
  - What are the benefits of this situation?
  - Why is it actually good for me right now?
  - What can I appreciate about where I am?
  
- + Use the clarity of what you don't want to get clear on what you do want. Then go to your Desire Creation journaling and put your attention on what you do want to create and get about creating it!!

*Examples:*

- + If I were to choose to believe that I am exactly where I am meant to be, I would stop fighting with my reality and my life and I would whole-heartedly accept it as being right and perfect.
- + If I were to stop fighting, and look for the benefits, I would actually start noticing some of the positives of where I am, rather than just the negatives.
- + I feel that this experience is teaching me to deeply love myself, and feel whole, complete and good enough, even when the external love isn't there to validate that.
- + I am learning how to love myself in such a deeper way, and really heal all of the cracks that still exist in my relationship with myself.
- + This is helping me get even clearer about the woman I desire to be in my relationship. I want to feel happy, whole, secure, feminine, self-loving, confident and in my power. This is the woman I want to be with him, and all the inner work I am doing now is helping me become her.
- + I can make the best of where I am by filling my life with even more beauty, pleasure, intimacy, love and play through my friendships, a deeply loving self-care practice, and through prioritising play, joy and fun over work. I can feel many of the feelings I would want to feel with a man, in my relationship with myself.
- + I am grateful for this sacred time I have to myself right now, to focus so deeply on myself and get to know myself in a more powerful way, and allocate time to the creative projects that I am passionate about. So many of my business and creative dreams are now coming to life, as I have so much time to focus on them and myself.
- + I appreciate how much freedom I have, how much time and space I have for me. I love mornings on my own with my morning routine, and I enjoy sleeping and having the whole bed to myself. I can appreciate the intense focus I can have on myself and my desires now, and I am so grateful for this opportunity to be incredibly self-focused.





## JOURNALING PROMPTS

The following three pages include a list of juicy journaling prompts to deepen your practice and awaken new insight.

You can use these prompts however you wish. One suggestion is to read through and just notice when one of them jumps out at you. When it does grab your journal, write the question at the top of the page and ponder on it for a few moments. Let yourself marinate on the question, feel into it, and wait for thoughts, feelings or guidance to arise. You may want to meditate for 5 minutes on the question.

You may simply begin writing whatever comes to mind, but keep going even when you want to stop and see what deeper wisdom flows through as you drop into connection with yourself.



# Turn Inwards



## JOURNALING GUIDE

*What am I grateful for?*

*What do I love about my life right now?*

*What desire is sitting in my heart that I have been ignoring?*

*What lights me up and makes me come alive?*

*What is on my love list? What are the little things that bring me joy?*

*How can I love myself more today?*

*What would I do if I fully believed in myself?*

*What is one step today I could take towards my dreams?*

*What is one step I could take today to embody my best self?*

*What is my inner voice telling me?*

*What area of my life am I avoiding making the change I need to?*

*What exists for me on the other side of my resistance?*

*How am I feeling and what do I need?*

*What have I been avoiding in my life that I need to face?*

*How can I give more kindness, love and compassion today?*

*Who needs my forgiveness the most?*

*What do I need to let go of in order to experience forgiveness?*

# Turn Inwards

## JOURNALING GUIDE

*What emotions/feelings are within me today?*

*What thoughts are primarily in my mind?*

*What energy is in my body and where?*

*What was my experience like in meditation today?*

*What is my intention for the day ahead?*

*What is one key feeling I would love to experience today?*

*What can I do to experience that today?*

*What story am I believing about myself which is holding me back?*

*If I could tell a different story about me, what would I have it be instead?*

*What guidance does my heart have for me today?*

*What is my intuition telling me today?*

*If I believed I was good enough, I would...*

*If I loved myself wholly and completely I would...*

*What next level of my life is waiting for me to step into it?*

*What would it look like to live as my best self today?*

*What am I ready to let go of? What is the guidance on how I can do that?*

*If I had no fear I would...*

# Turn Inwards

## JOURNALING GUIDE

*What does my ideal day look like? What one thing can I do to live it today?*

*What is my vision for my life 5 years from now?*

*What painful emotion have I been avoiding feeling?*

*What issue from my past still feels unresolved and still needs healing?*

*What wounds from my childhood are still holding me back?*

*What am I craving and needing the most from myself?*

*How can I show more love for my body today?*

*What needs of mine have I been ignoring?*

*What is important to me that I have not been prioritising?*

*What do I deeply value the most?*

*What am I most passionate about?*

*What limiting belief am I ready to transform and break through?*

*What new belief do I want to create that will support and empower me?*

*How are my sabotaging patterns keeping me safe right now?*

*If I no longer needed the love, acceptance or approval of others, I would...*

*Where in my life am I ready to play bigger?*

*How do I want to impact and be of service to others and the world?*



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*GUIDE*?**

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