



# THE *turn inwards* JOURNALING GUIDE

*A practical guide to beginning and  
deepening your journaling practice and  
getting to know your innermost self.*







*"It is strange to be here. The  
mystery never leaves you alone.  
Behind your image, below your  
words, above your thoughts, the  
silence of another world waits.  
A world lives within you. No  
one else can bring you news of  
this inner world."*

John O'Donohue







## HELLO, I'M CONNIE

*Welcome to The Turn Inwards Journaling Guide.*

This guide brings together everything I have been learning and practising about journaling since I began at the young age of 12. Over the past 20+ years, my journaling practice has taken many shapes and forms and has evolved significantly to now becoming the cornerstone of my self-care routine.

This guide shares the practical tips, steps and processes that have helped me find my flow, tap into my inner world and develop a deep, nourishing and transformative journaling practice.

Whether you are a total beginner or an experienced journaler, I hope this guide will serve as your companion, as you turn inwards and look within, and get to know yourself in a deeper way.



## ABOUT THE GUIDE

*The Turn Inwards Journaling Guide provides you with a practical framework and supportive starting points for creating a nourishing journaling practice, along with 10 processes to help you dig deeper and create inner change.*

The principles that I share in this guide are not hard-fast rules as I don't think we can put those types of restrictions on a practice that is so personal. However, they are guidelines based on what I have discovered works well for me and many of the clients I have personally coached.

So, take on board the suggestions that I share and apply them in your own way. Integrate the ones that feel good to you and leave the ones that don't. In time, you will find your own rules and guidelines and you will develop a deep trust in yourself and in how you feel to use your journal each day.

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.

I hope you enjoy what you discover.

*Connie x*



# CONTENTS

## *SECTION ONE : Introduction*

The Power Of Journaling	PAGE 07
Finding Your Why	PAGE 10

## *SECTION TWO: Getting Started*

Journaling Guidelines	PAGE 14
-----------------------	---------

## *SECTION THREE: The Processes*

#01: Create Your Bliss List	PAGE 27
#02: Live With Intention	PAGE 33
#03: Shift From Fear To Love	PAGE 38
#04: Receive Inner Guidance	PAGE 43
#05: Manifest Your Desires	PAGE 48
#06: Follow The Moon	PAGE 53
#07: Feel Your Feelings	PAGE 58
#08: Forgive & Let Go	PAGE 63
#09: Raise Your Vibes	PAGE 68
#10: Evening Reflection	PAGE 73

## *SECTION FOUR: Prompts*

Self-Care Journaling Prompts	PAGE 80
Healing Journaling Prompts	PAGE 82
Expansion Journaling Prompts	PAGE 84





## *Part One*

# INTRODUCTION







## THE POWER OF JOURNALING

*Journaling is a nourishing and healing practice that will help you create 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 look within and honour your innermost thoughts, feelings and desires. It helps you unpack and explore the world within you and find inner clarity.

It allows you to get to know your inner landscape and look deeper within yourself, exploring parts of yourself that you may have been avoiding. It helps you dig deeper, get honest, become intimate with your heart and inner voice, and truly get to know yourself in a whole new way.



## TURNING INWARDS

*In a world that encourages you to look externally for guidance, information and clarity, journaling is a practice that instead supports you to look within.*

Journaling will help you remember that all the answers you are looking for lie within you and that the clarity you are craving can be found through space, stillness and deep listening.

Journaling allows you to be the source of the wisdom you seek and to come back into your point of power where you are in tune with your inner voice and able to hear your personal truth.

It will help you to be your own best friend and therapist. It will be your place you go to vent, brain dump, process your emotions, honour your pain or fear and provide comfort to yourself.

You will be able to witness 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.

You will be able to decipher between your mind's stories and your intuitive whispers and receive guidance on the areas of life that challenge you.

Your journal will help you clear out what is blocking you moving forward. It is a tool you can use to explore your desires, goals and intentions, document your journey and progress, acknowledge your success and practise positive ways of thinking.



## DIVING DEEPER

*Journaling will guide you deeper inwards to heal your relationship with yourself. It will help you experience unconditional self-love as you learn to embrace all parts of who you are.*

Through your journaling practice, you will come face to face with all the different aspects of yourself. You will be able to explore and understand who you are, why you do what you do, and what you truly want.

As you find the courage to look within, you will shine a light upon parts of yourself that you have been hiding away, closing off from or trying to avoid. You may notice patterns of behaviour you carry shame around. You may witness thought patterns that you judge yourself for. You may observe deep feelings of unworthiness or inadequacy that are uncomfortable to face.

Let your journal act as a safe space to witness these parts of yourself and heal them with love.

Be willing to go to the places you don't want to go. Be willing to look at the things you have typically tried to run from. Be willing to feel and fully experience all that arises.

Let your journal be your comforting, sacred and supportive place to come to for you. A place where you can listen to yourself, nurture your feelings and honour what arises in you.

Stay curious. Be 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 truly are.





## FINDING YOUR WHY

*Pause for a moment and think about what drew you to this guide and why it is that you want to develop a journaling practice or deepen your current practice?*

Like any self-care ritual, it is important to understand why you want to bring it on board, what you are hoping it will give you and how you want it to make you feel. This will support you to gain what you really want from it, rather than just going through the motions.

So what are you hoping journaling will give you? What do you want to learn and discover? How do think journaling will help or benefit you? Where are you currently stuck in your journaling practice?



The page features a decorative background with a soft-focus image of a white ceramic bowl containing a succulent plant, set against a light-colored, textured surface. The bowl is positioned in the lower-left corner, and the succulent is in the lower-right corner. The background is a light, neutral tone with subtle textures.

## WHAT IS YOUR WHY?

*Having a clear why will support you to move beyond resistance and confusion and dive deeper to create a practice that meets your own personal needs.*

It is easy to see other people practising self-care rituals or tools and think you should be practising them too. But this is only useful if the practice is actually right for you.

Otherwise it can cause you to force yourself into something that doesn't quite fit you. It becomes heavy and like a to-do list item. It feels like an obligation or a 'should'. This can leave you feeling stuck in your head and disconnected from the whole experience. Without an inspiring why you will find yourself just going through the motions of the practice and it will any lack any real feeling or meaning.

You have to have a clear intention of why you are stepping into that practice and it needs to be fuelled by a heart-driven desire.

This inner clarity helps create a feeling of motivation and inspiration that arises from within. It pulls you towards your practice, rather than you trying force yourself into it.

I personally find I want different things out of my journaling each day, so it is fine if it changes. But when I am clear on what I am wanting to feel and experience, the practice becomes effortless.



## BEING INTENTIONAL

*Before you open your journal each morning,  
know why you are opening it.*

*Close your eyes for a moment. Take a deep  
breath and feel for your intention.*

You may ask yourself:

- + *What has drawn me to my journal today?*
- + *Is there something I am wanting clarity on?*
- + *Is there something within me I need to express?*
- + *Is there an emotion I need to process?*
- + *Is there something I need insight on?*
- + *Is there something I need support with?*
- + *Is there something I am wanting to feel?*
- + *Is there something I desire to create?*
- + *What do I want to know?*
- + *What do I want to experience in my journaling session today?*

Listen in stillness and see what bubbles up.

Your intention should be clear enough to help you focus your mind and energy but broad enough to allow your practice to flow wherever it needs to.

Your intention may be helpful at the beginning to help you break any feelings of stuck-ness, but you can release it once you begin, if you find different or unexpected things open up as you start writing.





## *Part Two*

# GETTING STARTED







## JOURNALING GUIDELINES

*When you approach your journaling practice with patience and commitment and you bring an open, curious mind. You will be amazed at what you discover about yourself.*

In the following pages, I share 10 supportive guidelines that will get you started on your journaling practice and help you gain the most from it. The guidelines will also help you navigate and work through some of the blocks that can arise along the journaling process.

You may already have some of these practices on board while others, you may have never tried. As you read through, notice which ones resonate and pull at you the most and begin there.



### # 01

## CHOOSE A JOURNAL YOU LOVE

Take some time to select a journal that feels good for you to write in. Personally, I love to write on unlined pages and I typically buy A5 or A4 size journals. But you may love writing on lined paper. Or you may have a particular journal that is your favourite.

Be willing to invest in a journal that you enjoy writing in. This is a small detail that can add to the experience of your journaling ritual by making it feel more sacred and special.

Be mindful of using a notebook that may be similar to one you use for work or to-do lists. Try to select something that feels different and more specific to your personal writing practice.



### # 02

## SET UP YOUR SPACE

You can support yourself to come into the journaling zone and really find your flow by setting up a space around you that feels calming and comfortable. This also helps create a ritual feel to your practice and makes it feel more sacred and special. Also, remove any distractions such as your mobile phone. Put it out of the room or on airplane mode.

Before every journaling session, I always make myself a cup of tea, light a candle, diffuse essential oils or burn some sage or incense and I may play some soft relaxing music in the background. These little practices help indicate to my body and mind it is time to slow down and look within. It supports me to dive deeper in my journaling practice.

Think about how you can set up your space before you journal and what typically helps calm and soothe your mind and nervous system.



### #03

## TUNE IN BEFORE YOU BEGIN

Before you start writing, take a few moments to close your eyes and tune into your inner world. Spend a few minutes now breathing into your body and noticing what is unfolding within you.

Allow everything to slow down. Witness any thoughts or stories flowing through your mind. Observe your inner dialogue. Feel into your body and notice any tension. See if any emotion is sitting within your heart, belly or throat.

Breathe deeply and slowly and just be with yourself. You can move into a deeper meditation if it is part of your practice, otherwise just sit in this space until you feel your energy settle, your body relax, and your breathing slow. Come fully into the present moment. When you feel a calmness or connection with yourself, open your eyes and begin.



### #04

## FEEL FOR YOUR INTENTION

When you tune in or meditate before you journal, it is your opportunity to explore what is arising within you on that day. You may notice you become aware of what you want to explore in your journal. Taking the time to tune in, helps you witness what is unfolding for you and what you need to work through or process.

This will support you to feel your intention for your journaling practice. You will be able to notice if you are needing to explore an emotion; shift your thinking; receive from guidance from your intuition; make a heart-driven decision; or explore a new desire you want to manifest.

Let the intention for your journaling session arise from within you, rather than trying to think for it or force it. Just be open and receptive and listen. Your intention will simply guide your focus and energy as you begin journaling and help you receive what you are needing from your practice that day.



### #05

## STAY PRESENT TO THE PROCESS

Journaling is much more about the process and experience than it is about reaching any particular outcome. Be aware of your mind's tendency to want to reach a destination or gain a specific result from it. You may not reach any conclusion, have an epiphany or obtain any outcome from your practice that day, but it does not mean it was a waste of time.

Journaling is a process of connecting with yourself and listening to yourself. If you can stay present to that experience – the experience of energy flowing from within you and onto the page – it can be an enjoyable and nourishing practice, no matter what the end result. Keep bringing your mind back to the present and stay focused on how you feel, rather than what is specifically flowing onto the page.

Your inner world cannot be understood right away, but every time you journal, trust that things will become clearer and you will naturally arrive at the conclusions or insights you need without force.



### #06

## LET IT BE MESSY

Perfection and the need to make things look neat and pretty will interfere with your creative flow. Journaling is not the place for perfection. It is a place to let things get messy and be expressed however they want to be.

Let this be your free place to let out what is within you 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 practice will be. Give yourself permission to express yourself in any way you feel through your journal. Your writing does not need to be neat and perfect or consistent from day to day.

If you are normally neat and controlled, let your writing come out in messy scribbles. If you always express yourself through writing, try drawing pictures, mind maps or diagrams to express yourself, or even use coloured pencils or paints. This truly can be whatever you want it to be, and the more free you allow yourself to be, the more you will gain from the practice.



### #07

## RELEASE RULES & EXPECTATIONS

While it is supportive to have some guidelines and structure around your journaling practice, it is also important to not place rules upon yourself or come to your journal with expectations.

Every day your journaling practice will be different. Some days, you will be totally in the flow with words effortlessly moving through you. Other days, you will feel blocked and stuck. Do not compare your practice from one day to the next. Rather, allow it to be whatever it needs to be, and open yourself up to whatever experience you are meant to have. The more you judge your practice, try to make it go how you want to go, or place expectations on how it should look, the more blocked you will feel.

Your journal is your place to fully surrender; surrender to what you feel, to what is arising, to what is moving through and to what is unfolding. There is no right or wrong.

Step into your practice with curiosity, open-ness and playfulness rather than seriousness and force. This will lighten your practice and make it fun and enjoyable.



### #08

## BREATHE THROUGH THE RESISTANCE

Be aware of the mental stories which will block your practice and prevent you diving in. Catch out stories like, this is too hard; it is not working; I can't do it; I don't feel like it; nothing is happening. When you find resistance arising, close your eyes and just take a few minutes to breathe into it. Don't get up and break your flow. Instead, stay with the practice and choose to move through your resistance.

Persevere with your practice and remind yourself of your intention. While you do not want to force your journaling, you also must be able to work through the inner blocks when they arise, rather than letting them stop you. There are a lot of blocks that can arise along your journaling journey and as you begin to dive deeper, you may hit some areas of discomfort.

If things get uncomfortable, just place your focus on where you feel the resistance and breathe into it. You may even unpack and explore this resistance or inner block in your journal. Write about what is unfolding in that moment and see if any insight or clarity arises.



### #09

## PERSERVE

Ultimately, the only way to truly develop a powerful journaling practice, is to keep practising. 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 level. 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. It will take you time to find your own personal rhythm and a practice that feels good to you. It will take time for it to integrate into your life as a habit.

The more you practice journaling the easier and more enjoyable it becomes. So persevere with the practice, even if sometimes you have resistance. It is ok to take breaks at some points, if you need it, but trust the inner feeling that has pulled you to want to journal.

I have definitely taken extended breaks from my practice at certain times, but it has always pulled me back, and now that I have created a habit and a ritual with this practice, it has become a safe place I can turn to when I need it most for guidance, support and love.



### # 10

## BE COURAGEOUS & DIG DEEP

Over time, your journal can become a sacred place for you to dive deep within yourself and do transformative inner work. I see this practice as being much more than just jotting down notes about your life. Rather it can serve as a tool in your kit of practices that will allow you to create radical shifts within yourself.

So, come to your journal with courage. Be willing to face and feel things that you typically try to avoid. Ask yourself those tough questions and commit to witnessing, exploring and unravelling all the parts of yourself that you are perhaps not proud of, or which are ultimately keeping you small.

In the following pages, the 10 processes I am going to share with you will encourage you to look within in a big way. Rather than trying to create external changes, you will discover the power of creating inner change. Your journal can be your place to do the real inner work, where you can clear out fear, awaken your power and align with your potential. So embrace the processes in the following pages and dive into them with a brave heart and a willingness to get honest with yourself.





## *Part Three*

# THE TEN PROCESSES







## THE PROCESSES

*This guide covers ten of my favourite journaling processes that I personally use on a weekly and sometimes daily basis to tune inwards and connect with myself.*

Each journaling process will walk you through step by step instructions of how to practise it, along with an example of my personal responses, and how I use this journaling style.

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

Each practice also includes a worksheet that you can print out and complete for your favourite processes.





## PROCESSES

### WE WILL COVER:

#01: CREATE YOUR BLISS LIST

#02: LIVE WITH INTENTION

#03: SHIFT FROM FEAR TO LOVE

#04: RECEIVE INNER GUIDANCE

#05: MANIFEST YOUR DESIRES

#06: FOLLOW THE MOON

#07: FEEL YOUR FEELINGS

#08: FORGIVE & LET GO

#09: RAISE YOUR VIBES

#10: EVENING REFLECTION





# CREATE YOUR BLISS LIST

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*Your Bliss List will help awaken more love, passion and pleasure in your life. It will be your framework for doing more of the little things that bring you joy and make your heart happy.*





## # 01

### THE BLISS LIST

*Quite simply, creating a Bliss List involves writing down all of the small things you love, which make you happy, which bring you joy and which fill you up from within.*

It can seem like a small and simple practice but don't underestimate its power. It will help you get to know yourself in a deeper way and create a much more fulfilling life.

Once you know what these little practices, places, items, experiences, moments or people are, you can then choose to integrate these in a much bigger way into your life. You can start to make your bliss a priority and you can design your whole life around what makes you feel good.

I began this practise 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 full of things that weighed me down.

I started writing a bliss list that ended up filling up four 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 with joy. Once I wrote them out, I then made a commitment to integrate them into my life as much as possible.

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





## THE PROCESS

### STEP 1

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.

### STEP 2

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? What makes you smile? What makes you feel at peace? Where do you feel like your best? What raises your vibes?

### STEP 3

Write as much as you can until you have filled at least one page and continue adding to this list as things come to mind. Don't dismiss anything, even if it is small. Once you have your list, commit to finding ways to integrate these small practices and moments of bliss into your life as much as possible.

### BLISS LIST PROMPTS

WHEN AM I THE HAPPIEST?

WHERE ARE MY FAVOURITE PLACES TO BE?

WHAT INSPIRES ME?

WHAT GROUNDS AND CALMS ME?

WHAT MAKES ME SMILE?

WHAT NOURISHES MY BODY?

WHAT MAKES MY HEART FEEL FULL?

WHAT ARE MY FAVOURITE SMELLS, TASTES, TEXTURES AND FEELINGS?

WHERE DO I EXPERIENCE BEAUTY?

WHAT ARE MY SIMPLE PLEASURES?

WHAT GETS ME LOST IN THE MOMENT?

WHAT ALIGNS ME WITH MY BEST SELF?

WHAT MAKES ME FEEL BEAUTIFUL?

WHO ARE MY FAVOURITE PEOPLE?

WHAT ARE MY CREATIVE HOBBIES?

WHAT MAKES ME FEEL ALIVE?





## 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 VERY SIMPLE THINGS.**

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- Meditation
- Reading inspiring, spiritual and self-help books
- Walking outdoors in nature
- The soft glow of candle light
- The feel of my sheepskin rug
- Making fresh raw green juice
- Being at the beach and swimming in the ocean
- Shopping in health food stores
- Writing in my journal
- Dancing and singing
- Painting
- Getting a massage and/or a manicure
- Listening to podcasts
- Soul chats with like-minded people
- Yoga by candlelight
- Sunrise and sunsets
- Hiking in the bush
- Almond milk chai
- Cooking
- The smell of incense
- The sunshine on my skin
- Deep breathing
- Eating organic mangoes
- 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
- Essential oils
- Lying in the park surrounded by trees
- Listening to Abraham-Hicks
- Raw food sweets
- Long runs by the water
- Fresh flowers in my home
- Hot baths









# LIVE WITH INTENTION

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*Use this practice each morning to live in a more intentional and conscious way. As you carve out time to focus your energy, you will be much more in charge of how you feel and how your day unfolds.*





## # 02

### LIVE WITH INTENTION

*When you live with intention, you are deciding to be the deliberate creator of your life. You consciously direct your thoughts, feelings and energy wisely.*

Daily intention setting is about getting back in charge of your emotional state and your day. It is about choosing how you want to feel and setting up practices to help you embody those feelings.

This conscious creation morning practice is another one 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.

I began dedicating time every morning to writing out my intentions and choosing some core desired feelings that I wanted to experience.

This practice immediately brings you back into your power. It gets you back in charge of how you feel and how you experience your day, no matter what comes at you. Rather than being reactive and having your emotions go up and down based on what life brings you, you will begin to feel steady, intentional and clear.

Integrate this practice each day as part of your morning routine. It will help you start the day right and shift you out of any victim thinking or low emotional state. It will help you tap into your ability to create your reality, and will support you in feeling empowered in the areas where you currently feel dissatisfied.





## THE PROCESS

### STEP 1

Begin by checking in with how you are feeling. Tune into your body, your emotions and your energy and make a few notes about what is going on within you.

### STEP 2

Now shift your focus onto how you want to feel instead. Choose some key feeling words such as: Calm, Grounded, Abundant, Free, Open, At Ease, Supported or Happy, etc. Decide upon a key word for the day.

### STEP 3

Begin to explore and imagine how you would be moving through your day if you were embodying that feeling word. Describe what you see, how you act, how you move, how you interact with others, what choices do you make, how do you speak to yourself?

### STEP 4

Choose 1-3 intentions for the day of things you want to do, achieve, practise or create.

### STEP 5

As you move through your day, continue to return to your feeling word and intentions and allow them to guide you no matter what life brings.

### PROMPTS

HOW AM I FEELING TODAY?

HOW DO I WANT TO FEEL TODAY?

WHAT WOULD IT LOOK LIKE IF I WAS EMBODYING MY FEELING WORD TODAY?

WHAT CAN I DO TO HELP ME FEEL THAT WAY?

WHAT PRACTICES CONNECT ME WITH MY DESIRED FEELING STATE?

WHAT THOUGHTS SUPPORT ME TO FEEL HOW I WANT TO FEEL?

WHAT ARE MY INTENTIONS FOR TODAY?

WHAT ARE 3 THINGS I WOULD LOVE TO ACHIEVE, DO OR CREATE TODAY?

HOW DO I WANT TO PRACTISE SELF-CARE TODAY?





## EXAMPLE

**WHEN I WAS WORKING IN MY DAY JOB I WAS ALWAYS ANXIOUS, SO I  
OFTEN WORKED WITH THE FEELING WORD CALM AS MY INTENTION.  
THIS PRACTICE HELPED ME EMBODY MUCH MORE PEACE AND EASE  
AT WORK DESPITE WHAT THE DAY BROUGHT ME.**

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How am I feeling today?

Anxious

How would I love to feel today?

Calm

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

I would be breathing slowly and deeply, and moving 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 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. 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, diffuse 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 embody my feeling word *Calm*
- + To do a YogaGlo yoga class at home before bed





# Daily Intentions



HOW DO I WANT TO FEEL TODAY?

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WHAT CAN I DO TO HELP ME FEEL THAT WAY?

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MY INTENTIONS FOR TODAY:

1.  

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2.  

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3.  

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# SHIFT FROM FEAR TO LOVE

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*This style of journaling will take you a little deeper and it is a supportive tool for creating inner shifts, releasing fear-based thinking and aligning yourself with your heart and the perspective of love.*



## # 03

# SHIFT FROM FEAR TO LOVE

*When your mind feels full of fear and anxious thoughts, you can use your journal as a place to work through your inner dialogue and shift it into alignment with love.*

Often you may try to suppress, avoid or push away your negative, fear-based thoughts, but I want to encourage you to, first of all, begin by listening to them. Once you witness them and can see them clearly, you can then get to work shifting them.

It is important to give your fear-driven voice a place to communicate. If your mind has something to say, it is helpful to let it be heard. Acknowledge and listen to it by writing out these thoughts in your journal. If you try to suppress this voice, it will only grow louder and stronger.

But once you give fear its space, then you want to call in love. You now want to invite your heart to speak and give it equal space.

Sometimes, this is the part you may forget to do. You may only be hearing your mind's fear, and forget to ask your heart for her opinion. You may forget to turn in and listen for the voice of love.

There are always two perspectives: love and fear. There are always two voices: your head and your heart.

Once you can witness both perspectives, you can consciously choose which one you want to listen to, which one to give power to and which one you will let guide your life.





## THE PROCESS

### STEP 1

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 the words 'head' and 'heart' instead,

### STEP 2

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. 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.

### STEP 3

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. When you hear new, love-driven thoughts start to flow in, write them in the 'love' column.

### STEP 4

The love-driven perspective may take longer to hear but just keep holding your energy in your heart and feeling for any thoughts that feel loving, soft and supportive.

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.

### PROMPTS

WHAT WOULD LOVE SAY?

WHAT IS MY HEART'S GUIDANCE?

HOW CAN I SEE THIS SITUATION DIFFERENTLY?

WHAT IS THE LOVING PERSPECTIVE?

WHAT DOES THE VOICE OF LOVE SAY?

WHAT DOES MY INNER CHEERLEADER SAY?

WHAT IS MY INNER WISDOM TELLING ME?

WHAT WOULD I SAY TO MY BEST FRIEND IN THIS SITUATION?



## EXAMPLE

THE MORE YOU PRACTISE THIS EXERCISE THE CLEARER YOU WILL  
BECOME ON THE QUALITIES OF THESE TWO DIFFERENT  
PERSPECTIVES. OVER TIME IT WILL BE EASY TO CATCH OUT FEAR  
AND TUNE BACK INTO THE VOICE OF LOVE.

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### 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 and I feel like nothing I do is good enough.

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

Nothing that 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 trust.

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.





# *Fear to Love*



FEAR/HEAD

LOVE/HEART

WHICH PERSPECTIVE DO I CHOOSE TO BELIEVE IN & FOLLOW?



# RECEIVE INNER GUIDANCE

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*Journaling can help you come into deeper connection with your higher self and receive divine guidance and wisdom from your intuition. All it requires is a willingness to slow down, tune in and listen.*





## # 0 4

# RECEIVE INNER GUIDANCE

*Your higher self is always trying to  
communicate with you through your intuition.  
All you need to do to hear this guidance is to  
make the space to listen.*

Everyone has the ability to receive guidance and wisdom from within. It is often easier to hear your inner whisper 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 deeply connected to yourself.

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

But simply, all it involves is asking questions to a deeper part of yourself and listening for what words, feelings, sensations or pieces of wisdom bubble up into your mind. It is like a Q&A with your divine guidance, your higher self and your soul, where you can receive profound guidance with your most pressing problems.

This practice may take some getting used to and it may take time to find your flow or receive any guidance. You may also find your mind questioning if it is actually your inner guidance speaking. It may think you are making it up.

Do your best to just remain open, curious and light-hearted rather than analysing what flows through. Just trust the process and write down whatever messages feel comforting, supportive and loving.





## THE PROCESS

### STEP 1

Connect with an area of your life that you would love some guidance on and use your journal to explore where you currently feel confused, stuck or lacking direction.

### STEP 2

Now think about what guidance you are seeking around this situation and what would help you feel better or clearer. 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.

### STEP 3

Create a space for yourself 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.

### STEP 4

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.

### PROMPTS

WHAT DO I NEED TO KNOW ABOUT THIS SITUATION?

WHAT GUIDANCE DO YOU HAVE?

WHAT IS THE SPIRITUAL LESSON IN THIS EXPERIENCE?

WHAT IS MY NEXT STEP?

HOW DOES MY HIGHER SELF SEE THIS SITUATION?

WHAT ACTIONS DO I NEED TO TAKE?

IS IT TIME TO WAIT OR FORGE AHEAD?

WHAT NEEDS TO BE HEALED WITHIN ME SO I CAN MOVE FORWARD?

WHAT NEEDS TO SHIFT IN ME TO BE READY TO RECEIVE MY DESIRE?





## AN EXAMPLE

**THIS IS AN EXAMPLE OF HOW I POSE QUESTIONS TO MY GUIDANCE  
WHEN I NEED SUPPORT AND INSIGHT. EVERYONE'S GUIDANCE  
COMMUNICATES DIFFERENTLY BUT MINE TENDS TO FLOW IN SHORT  
SENTENCES (AS BELOW).**

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*Dear Inner Guidance, I feel unclear about my home and living environment. I am not sure of next steps, or what I should do.*

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.



# *Inner Guidance*



THE SITUATION THAT IS CURRENTLY CHALLENGING ME IS:

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DEAR INNER GUIDANCE, WHAT DO I NEED TO KNOW?

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WHAT IS ONE STEP I CAN TAKE?

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# MANIFEST YOUR DESIRES

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*You are a powerful creator and in every moment you are manifesting your reality. You can use your journal to become conscious and deliberate about this practice and attract more of what you love into your life.*





## #05

# MANIFEST YOUR DESIRES

*All day, every day, you are creating your reality and manifesting your life based on what you are thinking about, speaking about, feeling and focusing on.*

When this is not a conscious practice, it is easy to spend much of your time focusing on things you don't want or like, and without realising, you end up creating more of it.

When you spend a lot of your days thinking about what is in front of you, and you don't have an inspiring vision for the future, you will just tend to create more of the same over and over. This is how you get stuck.

But when you make manifestation a conscious practice, you can then use your energy and focus wisely to help you bring about more of what you love. You can use your imagination to visualise a life that excites you. That positive energy will start to draw it towards you.

Bringing your desires to life takes patience and perseverance but it begins with getting honest about what you desire and declaring it. Your journal is a beautiful place to claim your heart's desires and describe them in detail.

From here, it is important to revisit your desires and give energy to them every day. Feel into the feelings of having what you want. This will make you magnetic to these experiences.





## THE PROCESS

### STEP 1

Choose to either focus on one area of life (e.g. 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.

### STEP 2

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?

### STEP 3

Close your eyes and 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.

### STEP 4

As you notice clarity or excitement within you, write about what you see and feel. Describe 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.

### STEP 5

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 you can say, "I am in the process of creating..." You can also include a date if you have a goal to manifest by a certain time, e.g. "It is now 31st December 2017 and I am..."

### STEP 6

Re-read your statements or write about them every day. Focus a lot on the feelings of these desires rather than worrying about the specific details. Visualise what you desire and connect with the feeling of having them already manifested and in your life.



## EXAMPLE

**HERE ARE A FEW EXAMPLES OF DIFFERENT DESIRE STATEMENTS.  
ONCE YOU WRITE YOURS, READ OVER THEM EVERY DAY AND THEN  
SPEND 5-10 MINUTES VISUALISING THE OUTCOME AND FEELING THE  
ENERGY OF ALREADY HAVING THEM.**

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"It is now October 2017, I am living in a beautiful, new home. 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 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 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, held, loved, fully seen and heard, and completely at ease. I am so grateful for this beautiful love in my life."

"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."





# My Desires



IT IS NOW (FUTURE DATE),

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AND I AM...

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AND I FEEL...

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THANK YOU. I AM SO GRATEFUL TO BE LIVING MY DREAMS.



# FOLLOW THE MOON

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*Harness the energy of the lunar cycles and create a journaling practice around the New and Full Moons that will support you to create change by setting powerful intentions and releasing what is holding you back.*





## # 0 6

# FOLLOW THE MOON

*All of life is governed by cycles, whether it is the cycles of the seasons, the tides or the moon, but most people live quite out of sync with them.*

Each cycle has a different energetic quality to it. You have the ability to tap into the energy of each cycle and use it to support you in different ways.

If you are highly sensitive, you may already be feeling these energy cycles and you may not be aware of the impact they are having.

But once you become aware of them, you will be able to pay more attention to how each cycle affects you. You will know how to support yourself through what is arising and you can use your journal to understand and work through what you feel.

When you start to follow and work with the energy of the moon, you will begin see very clearly how it affects you.

Typically at the Full Moon, you will become quite emotional, as it is an energy that can stir up a lot within you. The light of the Full Moon illuminates things within your inner world and in your life and helps you see things clearly.

While at the New Moon, you may feel introspective and quiet and also contemplative about the changes you want to make in your life. This is an energy of new beginnings and it is almost like fresh, clean soil to plant new seeds in.





## THE PROCESS

### STEP 1

Mark in your calendar when it is a New or Full Moon so you can follow the cycles. The New Moon signifies the beginning of a new Lunar Cycle and is an energetic clean slate to set new intentions upon. The Full Moon is a time of letting go and releasing, where you can shed anything that is getting in the way of your intentions.

### STEP 2

Create a ritual at every New and Full Moon by setting up a sacred space with your journal, candles, sage or incense, oracle cards, crystals or anything else you desire. This will set the space for your New or Full Moon journaling practice.

### STEP 3

Use your journal to either set your intentions or write what you want to release. If it is a Full Moon, you can then rip up or burn the list of what you want to let go of. If it is a New Moon, you can place your intentions in a special jar or bowl surrounded by flowers or crystals to help them manifest.

### PROMPTS

#### NEW MOON:

OVER THE NEXT MOON CYCLE, HOW DO I WANT TO FEEL?

WHAT DO I WANT TO CREATE OR SEE MANIFEST IN MY LIFE?

WHAT NEW BEGINNING DO I WANT TO STEP INTO?

WHAT FEELS LIKE THE THEME OR MAIN FOCUS OF THIS LUNAR CYCLE?

WHAT ARE MY INTENTIONS?

WHAT NEW ACTIONS DO I WANT TO TAKE?

#### FULL MOON:

WHAT AM I BEING CALLED TO LET GO OF FROM MY LIFE?

WHAT FEAR, LIMITING BELIEF OR STORY NEEDS TO BE CLEARED?

WHAT IS BEING ILLUMINATED? WHAT INSIGHTS OR REALISATIONS HAVE I HAD?

WHAT EMOTIONS ARE RISING FOR ME?

WHAT AM I CHOOSING TO RELEASE AT THIS MOON?





## EXAMPLE

**YOU MAY FIND A CONNECTION BETWEEN YOUR NEW MOON INTENTIONS AND YOUR FULL MOON RELEASING. USUALLY THE FULL MOON WILL HELP YOU LET GO WHATEVER IS BLOCKING YOU CREATING THE INTENTION YOU SET AT THE NEW MOON.**

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### New Moon Intentions

Over the next moon cycle, my main focus feels like balance between work and self-care. I want to feel balanced and nurtured. I want to nourish my body, allow time for rest, not push to work if I am tired, and create space for movement, meditation and cooking wholesome meals.

My intentions are to:

- + Practise daily meditation even if it only for 10 minutes.
- + Keep my phone out of the room or on airplane mode during my morning routine.
- + Book into see my Naturopath.
- + Eat my lunch away from my desk and eat slowly with mindfulness, presence and gratitude.
- + Move my body in some way every day, even if it is just gentle yoga stretching before bed.

### Full Moon Releasing

I am releasing my habit of reaching for coffee when I am tired.

I am letting go of my need to push myself to work when the energy is not there.

I am releasing the fear of not having enough time.

I am ready to let go of my lack mentality which tells me I have to work hard to make money.

I am letting go of prioritising work over play.

I am letting go of making my work more important than my wellbeing.



# Moon Mapping



NEW MOON: SIGN/DATE

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MY NEW INTENTIONS, DESIRES & ACTION STEPS AT THIS MOON:

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FULL MOON: SIGN/DATE

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WHAT I AM RELEASING, LETTING GO OF & SHEDDING AT THIS MOON:

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## FEEL YOUR FEELINGS

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*Your journal can support you through challenging times, so use this practice when you are feeling emotions swirling within you or you have had a strong, emotional reaction to something that has happened.*





## # 07

### FEEL YOUR FEELINGS

*Healing comes through feeling, and the most supportive way to process your emotions is to allow yourself to face them, feel them and understand them.*

Strong emotions can feel overwhelming and when you are in a highly emotional state, it is difficult to find clarity on what you are feeling and why.

There can be the tendency to either want to shut off to these emotions because they are uncomfortable, or to look outside of yourself for something to help you cope or numb out to what you are feeling.

Instead, you can turn to yourself for support and you can use your journal to gain some insight into what you are feeling. This 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 you 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.

This isn't about trying to fix, change or eliminate your feelings, but rather embracing them. Your emotions are a doorway to understanding yourself in a deeper way. Approach this practice with love and softness and with the intention to support yourself through what you are feeling in a gentle and compassionate way.



## THE PROCESS

### STEP 1

Use this practice when you have been strongly and emotionally triggered. When something has made you upset, angry, sad, envious or anxious, your first step is to catch it.

### STEP 2

Take a breath and see if you can identify the trigger. Reflect on what happened that sparked the emotion. Then begin exploring your reaction and what you began to tell yourself or what emotions immediately rose.

### STEP 3

Once you identify the emotions, drop out of your head and into your body. Tune into the physical sensations you feel around this reaction and emotion. 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.

### STEP 4

As you feel calmer and more in tune with your body, ask yourself, what do you need right now. What can you do for yourself that will help you feel loved, cared for and supported? And is there a new response to this situation you now want to choose?

### PROMPTS

#### TRIGGER:

WHAT HAPPENED? WHAT TRIGGERED ME?

WHAT CAUSED MY EMOTION TO RISE?

WAS THERE AN EVENT THAT UNFOLDED?  
DID I SEE OR HEAR SOMETHING?

#### REACTION:

WHAT WAS MY IMMEDIATE REACTION?

WHAT DID I START TELLING MYSELF?

WHAT DID I MAKE THIS MEAN?

#### EMOTION:

WHAT EMOTIONS AROSE WITHIN ME?

WHERE DID I FEEL THIS IN MY BODY?

WHAT PHYSICAL SENSATIONS DID I  
EXPERIENCE?

#### NEW RESPONSE:

WHAT DO I NEED TO SUPPORT AND HELP  
ME THROUGH THIS?

WHAT NEW RESPONSE CAN I CHOOSE  
THAT FEELS LOVING & EMPOWERING?

## EXAMPLE

**DON'T RUSH OUT OF YOUR EMOTION. LET YOURSELF FULLY FEEL IT ALL. AFTERWARDS YOU CAN USE THE FEAR TO LOVE JOURNALING OR INNER GUIDANCE JOURNALING TO HELP YOU CREATE SOME SHIFTS IN YOUR THINKING AND ENERGY.**

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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.

Self-Talk: 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.

Body Sensations: 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? 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.





# My Feelings



WHAT TRIGGERED EMOTION OR A REACTION IN ME?

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HOW DID I REACT? WHAT DID I TELL MYSELF? WHAT DID I FEEL?

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WHAT WERE THE KEY EMOTIONS & BODY SENSATIONS I FELT?

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WHAT DO I NEED TO SUPPORT ME THROUGH THIS?

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## FORGIVE & LET GO

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*When you hold onto things from your past they can weigh you down and block you moving forward. This healing journaling practice will help you release any person, situation or resentment you're still holding onto.*





## #08

# FORGIVE & LET GO

*Letting go of painful past experiences, hurts, wounds, memories or people that you are still attached to is an important part of the healing journey.*

This work is not easy but you can use your journal, as well as meditation or visualisation exercises, to help yourself through it.

Often the reason you are still attached to a person or an experience is because you have not allowed yourself to fully process the emotion. You may judge yourself as you think you should be over it by now. Or perhaps you don't want to let it go as you are angry or adamant you are right.

If you have not fully given yourself permission to feel all that you feel, there may still be things unresolved within you that are keeping you stuck.

The purpose of forgiveness is not to condone the other person's actions, discount what you feel or make them right in any way. It is simply about healing. It is about setting you free of what is weighing you down and holding you back.

If there is a lot of emotion around this process, take your time and be gentle. You may also use the *Feel Your Feelings* exercise to help you.

Letting go takes time and there are many layers to it but every time you revisit this practice you will come one step closer to being free of this pain and being ready to open up your heart again to new experiences.



## THE PROCESS

### STEP 1

Bring to mind something that feels unresolved around a person or situation in your life. Find something that you have been struggling to let go of or practise forgiveness around.

### STEP 2

Take a few moments to write about how you feel about the situation at the moment. What are you holding onto? What pain is still there? What resentment are you carrying? What emotion is still present? Why can't you let go? How is this attachment holding you back or preventing you having what you want? Get honest.

### STEP 3

Close your eyes and take a few deep breaths into what you feel. And then bring the person whom you want to forgive or release. Imagine them sitting in front of you and for a few moments hold their gaze.

### STEP 4

Now, open up a healing conversation with this person where you can express whatever you need to say or ask what you need to ask.

### STEP 5

Give yourself full permission to express your true thoughts and feelings but also open up to see what guidance flows through, which will help you shift your perspective and finally release the pain, the person or the experience. Once it feels complete, open your journal and write about what you experienced or discovered.

### PROMPTS

WHAT PAIN IS STILL HERE FOR ME?

WHAT IS THIS PERSON HERE TO TEACH ME?

WHAT WAS THIS EXPERIENCE DESIGNED TO HELP ME SEE OR LEARN?

WHAT LESSONS DO I NEED TO INTEGRATE?

HOW IS HOLDING ONTO THIS PAIN OR PERSON HOLDING ME BACK?

WHAT NEEDS TO HAPPEN FOR ME TO LET THIS GO?

WHO DO I NEED TO FORGIVE? WHAT DO I NEED TO APOLOGISE FOR?

WHY AM I HOLDING ONTO THIS?

WHAT WILL SET ME FREE?



## EXAMPLE

**BE GENTLE WITH YOURSELF THROUGH THIS PROCESS AND DO NOT EXPECT YOU WILL BE ABLE TO RELEASE THIS PERSON OR SITUATION IN ONE GO. WORK ON THIS GRADUALLY AND REVISIT THIS PROCESS AS OFTEN AS YOU NEED.**

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The person or experience I need to release is: My ex partner.

What did this person/experience teach me: He taught me to trust my intuition which had told me to leave the relationship but I did not listen. He taught me how to practise forgiveness. He taught me about my worth and what I truly deserve. He helped me become incredibly clear about what I desire in a relationship. He taught me how to speak my truth, express my feelings, ask for what I want and need, and not be afraid to say what I want. He taught me how to keep my heart open, even when there is pain and not push people away when I am hurt.

How did I grow and what did I gain?: I grew into a woman. I gained my power as I did not even realise our relationship was co-dependent. I gained my true self back as I also did not realise I was modifying myself for him. After our relationship ended, I grew into a woman I am deeply proud of.

What needs to happen for me to let this go? I need to trust that we are destined to walk separate paths, but that he came into my life at the perfect time to teach me all I needed to learn. I need to remind myself that he didn't love me because I was flawed or broken, but he did not have the capacity to express love to the depths I craved. To let this go, I need to send him love and allow him to walk his path without me.

One thing I want to thank him for is: Letting me go because he knew I needed to be set free, rather than holding onto me out of fear.



# Letting Go



THE PERSON/EXPERIENCE I NEED TO FORGIVE OR RELEASE IS:

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WHAT DID THIS TEACH ME? HOW DID I GROW? WHAT DID I GAIN?

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WHAT NEEDS TO HAPPEN FOR ME TO FULLY LET THIS GO?

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ONE THING I WANT TO THANK THEM/THE EXPERIENCE FOR IS:

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I NOW FORGIVE YOU AND LOVINGLY RELEASE YOU.





## RAISE YOUR VIBES

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*You have the power to shift your thoughts, feelings and energy, so use this journaling practice to get yourself into a positive, feel good space, raise your vibes, open your heart and radiate a higher frequency.*





## #09

### RAISE YOUR VIBES

*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.*

There may be times in your life where you find yourself somewhere you do not want to be or where you do not like what is unfolding.

But complaining about where you are, criticising what is happening or judging and resisting what is unfolding, will not support you at all. It will lower your energy and have you continue to manifest more of what you don't want.

Instead, if you can practise acceptance of where you are and surrender to what is unfolding, you will find so much peace. Your energy will lighten and everything will become easier.

And when you can shift your focus off what isn't feeling good and onto the positive aspects of where you are and what you can appreciate about the situation, your whole energy will lift.

When you look for the benefits and the blessings and shift into an energy of appreciation, this will raise your vibration and energy, and make you a magnet to attract more of what feels good!

This energy will help you create change and will get you moving forward. No matter where you are, do your inner work to keep your vibes high, your mind on the positives and your energy in a space of acceptance and gratitude.



## THE PROCESS

### STEP 1

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, how you are making it wrong or what you feel is missing.

### STEP 2

Start to shift your focus. Look for how you can practise acceptance of where you, which simply means making peace with the present moment and allowing it to be as it is. Be willing to drop the story that something is wrong and trust that you are where you are meant to be. Notice where you are being asked to drop control and practise surrender.

### STEP 3

Now open your mind to look for the blessings, positives, learnings, benefits of where you are. Give thanks for what you have. Look for the hidden blessing. See the higher perspectives and tune your focus to what is right and/or going well.

### PROMPTS

#### ACCEPTANCE/ALLOWING

IF I STOPPED FIGHTING WITH WHERE I AM, HOW WOULD I FEEL?

IF I BELIEVED THIS SITUATION WAS RIGHT (FOR NOW), HOW WOULD I EXPERIENCE IT DIFFERENTLY?

HOW AM I MAKING THINGS WORSE THROUGH COMPLAINING & CRITICISING?

HOW AM I BEING ASKED TO PRACTISE SURRENDER?

WHAT IS THIS SITUATION TEACHING ME?

WHAT DO I STILL NEED TO LEARN?

#### APPRECIATION/GRATITUDE

HOW CAN I MAKE THE BEST OF THIS?

WHAT ARE THE POSITIVES OR BENEFITS OF THIS SITUATION?

WHAT AM I GRATEFUL FOR AND WHAT CAN I APPRECIATE ABOUT WHERE I AM?

HOW IS THIS ACTUALLY GOOD FOR ME?

WHAT IS THE HIDDEN BLESSING IN THIS CHALLENGE?

## EXAMPLE

**HERE IS AN EXAMPLE OF HOW I SHIFT MY FOCUS, THOUGHTS AND ENERGY FROM A PLACE WHERE I FEEL UNHAPPY OR RESISTANT TO BEING ABLE TO SEE THE BLESSINGS, BENEFITS AND LEARNING OPPORTUNITIES IN THIS SITUATION.**

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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 wholeheartedly accept it as being right and perfect.

If I were to stop fighting with where I am, I would start noticing some of the positives of where I am, rather than just the negatives.

This experience is teaching me to deeply love myself; to feel whole and complete, even when the external love isn't there to validate that.

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 deep 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 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 dreams are now coming to life as I have so much time to focus on them.

I appreciate how much freedom I have and how much time and space I have for me. I love mornings on my own with my morning routine. I enjoy sleeping and having the whole bed to myself. I 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.





# Higher Vibes



IF I CHOSE TO TRUST THAT NOTHING HAD GONE WRONG AND I WAS WHERE I WAS MEANT TO BE, I WOULD FEEL...

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HOW IS THIS EXPERIENCE HELPING ME OR TEACHING ME?

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WHAT ARE THE POSITIVES, BLESSINGS & BENEFITS OF WHERE I AM?

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WHAT DO I APPRECIATE OR FEEL GRATEFUL FOR RIGHT NOW?

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THANK YOU. I TRUST THAT EVERYTHING IS UNFOLDING PERFECTLY.



## EVENING REFLECTION

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*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.*





The background of the page is a soft-focus photograph of a bed with white linens. In the bottom right corner, there is a white cup filled with a brown beverage, likely coffee. On the left side, there are some pink flowers and green leaves. The overall tone is warm and cozy.

## # 10

### EVENING REFLECTION

*Every day is filled with blessings. Every day you are achieving and growing. So, it is important to acknowledge your progress and give thanks for what unfolded.*

Days can fly by so quickly and they can all roll into one unless you decide to live in a more deliberate way.

It is very easy to forget to notice and appreciate the beautiful moments in your life. It is easy to rush through a day without pausing to reflect on what you actually achieved. It is easy to get into 'do do do' mode and never celebrate just how far you have come.

This journaling practice helps give you the space to reflect and create an ending to the day. It supports you to sit in reverence for all you experienced and created. It gives you a moment to say thank you to life for all it provided for you.

It is a beautiful practice to wrap up and end your day with gratitude. It allows you to take stock of what you experienced. It also 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 recalibrate your energy and focus.





## THE PROCESS

### STEP 1

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.

### STEP 2

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. Feel the abundance of all of your varied experiences from the day.

### STEP 3

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 today.

### PROMPTS

WHAT AM I GRATEFUL FOR TODAY?

WHAT AM I PROUD OF MYSELF FOR?

WHAT MADE ME SMILE TODAY?

WHAT WERE SOME OF THE HIGHLIGHTS OF THE DAY?

WHAT ARE SOME SUCCESSES OR MANIFESTATIONS FROM TODAY?

HOW DID I GO WITH FOLLOWING THROUGH ON MY INTENTIONS?

HOW DID TODAY FEEL?

WHAT LEARNINGS OR INSIGHTS CAN I TAKE FROM TODAY?

WAS I HAPPY WITH THE CHOICES I MADE?

WHAT PROGRESS DID I MAKE TOWARDS MY GOALS OR INTENTIONS?

WHAT WORKED WELL TODAY?

WHAT DO I WANT TO DO DIFFERENTLY TOMORROW?

HOW DID I SHOW LOVE AND CARE FOR MYSELF TODAY?





## EXAMPLE

**SOME DAYS YOU MAY HAVE A LOT TO WRITE. OTHER DAYS SOME SECTIONS WILL BE EMPTY. THERE IS NO PRESSURE TO COMPLETE THEM ALL EVERY DAY. BE GENTLE WITH YOURSELF AND SIMPLY USE THESE QUESTIONS AS A GUIDE.**

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*I am grateful for:* Eating lunch in the beautiful sunshine; the compliment I received on how I looked today; 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 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 practised self-care by:* Taking breaks when I felt my body needed it. Choosing to sip on herbal tea rather than reaching for coffee.

*Wins/Successes:* Finally ticking that one big item off my to-do list that I had been procrastinating on.

*Learnings/insights:* I learnt some interesting things today about facing the tasks or areas of life where I have resistance. 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!

*One thing to do differently tomorrow:* Put my phone on Airplane mode while doing creative work.



# Reflection



I AM GRATEFUL FOR;

WIN'S & SUCCESSES FROM TODAY;

I AM PROUD OF MYSELF FOR;

LEARNINGS/INSIGHTS FROM TODAY;

HOW I PRACTISED SELF-CARE;

ONE THING TO DO DIFFERENTLY  
TOMORROW;





*Part Four*

PROMPTS





## JOURNALING PROMPTS

*When you feel stuck or blocked in your journaling practice, using a question or prompt can help you find your flow and open up the space for powerful guidance and insights to drop in that you were not expecting.*

The following pages include over 50 journaling prompts covering the areas of self-care, healing and expansion to help you dive even deeper in your journaling practice.

Use these by reading through the list and noticing which ones jump out at you. You can then write your question at the top of your page and open up to see what beautiful responses, answers, inner wisdom and clarity flows through.





## SELF-CARE

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*These self-care prompts will help you connect more deeply with how you are feeling and what you want and need. As you listen attentively to yourself and your body, you will be able to show love and care for yourself in new ways.*



## SELF-CARE PROMPTS

HOW AM I FEELING RIGHT NOW?

WHAT IS MY BODY TRYING TO TELL ME?

WHAT DO I NEED RIGHT NOW?

WHAT WOULD HELP ME FEEL HOW I WANT TO FEEL?

WHAT EMOTION IS IN MY BODY THAT I DON'T WANT TO FEEL?

HOW CAN I SUPPORT MYSELF?

HOW CAN I SHOW LOVE AND CARE FOR MYSELF?

WHAT AM I DEEPLY CRAVING THAT I AM NOT MAKING TIME FOR?

WHAT IS STOPPING ME MAKING MY SELF-CARE A PRIORITY?

HOW DOES MY BODY WANT TO MOVE TODAY?

WHAT IS THE MOST LOVING FOOD CHOICE I COULD MAKE?

WHAT NEEDS TO CHANGE SO I CAN BE #1 ON THE PRIORITY  
LIST?

WHAT AM I SAYING YES TO WHEN I WANT TO SAY NO?

WHAT LOVING WORDS DO I MOST NEED TO HEAR TODAY?

IF I TRULY LOVED MYSELF I WOULD...

WHAT IS NO LONGER SERVING ME AND NEEDS TO BE RELEASED?

HOW CAN I CONNECT MORE DEEPLY WITH MY BODY?

WHAT DO I NEED TO RELEASE SO I HAVE MORE TIME FOR ME?





## HEALING

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*These healing prompts will support you to reflect and explore the areas where deeper inner healing work needs to happen so that you can release the past, break through your blocks and release any wound you are still carrying.*



## HEALING PROMPTS

WHO DO I MOST NEED TO FORGIVE?

WHAT PAST PAIN DO I NEED TO RELEASE?

WHAT PARTS OF ME NEED MY LOVE THE MOST?

WHAT NEEDS TO BE HEALED IN MY RELATIONSHIP WITH MUM?

WHAT NEEDS TO BE HEALED IN MY RELATIONSHIP WITH DAD?

WHAT EMOTION HAVE I NOT BEEN WILLING TO FEEL?

WHERE AM I STILL CARRYING SHAME?

WHAT DO I NEED TO FORGIVE MYSELF FOR?

WHAT NEEDS CLOSURE RIGHT NOW?

WHAT DO I NEED TO FIND THE COURAGE TO LET GO OF?

WHAT STORY ABOUT MYSELF DO I WANT TO REWRITE?

WHAT WOUNDS AM I STILL CARRYING FROM CHILDHOOD?

WHERE AM I STILL CARRYING REGRET?

WHAT PARTS OF MYSELF AM I STILL NOT ACCEPTING?

WHERE DO I STILL SEEK FOR EXTERNAL LOVE AND APPROVAL?

WHAT HAVE I BEEN UNWILLING TO FACE?

WHAT HAVE I NOT LET MYSELF FULL GRIEVE?

IN WHAT WAYS AM I KEEPING MY HEART CLOSED?





## EXPANSION

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*These expansion prompts will help you explore how you can play bigger, step up, show up and take your life to the next level. They are designed to stretch your mind and have you dream bigger so you can achieve your wildest dreams.*



## EXPANSION PROMPTS

IF I HAD NO FEAR, I WOULD...

WHAT DESIRE HAS MY HEART BEEN TUGGING ME TO ACT ON?

HOW DO I WANT TO BE OF SERVICE IN THE WORLD?

WHAT UNIQUE GIFTS DO I HAVE TO SHARE?

WHAT DOES MY IDEAL DAY LOOK LIKE?

WHERE DO I WANT TO BE 1, 3 OR 5 YEARS FROM NOW?

WHAT DO I FEEL IS MY TRUE PURPOSE OR CALLING?

WHAT FEAR IS STOPPING ME FROM PURSUING MY DREAMS?

WHAT NEXT LEVEL OF MY LIFE AM I READY TO STEP INTO?

WHAT NEW ACTIONS OR HABITS DO I NEED TO COMMIT TO IN  
ORDER TO ACHIEVE MY DREAMS?

HOW ARE MY SABOTAGING PATTERNS KEEPING ME SAFE?

WHAT DOES LIVING COURAGEOUSLY LOOK LIKE?

WHERE AM I BEING CALLED TO PRACTISE MORE VULNERABILITY?

WHERE AM I STILL HIDING MY AUTHENTIC SELF?

WHAT MINDSET SHIFTS DO I NEED TO MAKE TO CALL IN MORE  
ABUNDANCE?

WHAT ONE STEP WOULD MAKE THE BIGGEST IMPACT?

WHAT DOES BEING FULLY SEEN MEAN TO ME?

WHAT INNER WHISPER HAVE I BEEN IGNORING?





## CONGRATULATIONS! YOU ARE COMPLETE.

Congratulations. You have made it to the end of the *Turn Inwards Journaling Guide*. I hope that you love what you have discovered and that you will continue to revisit this resource, time and time again to support you to continue diving deeper on your journey of getting to know your innermost self.

### STAY IN TOUCH

Hashtag: #turninwardsjournal

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## ABOUT CONNIE

Connie Chapman is a life coach, speaker and writer empowering big dreamers and soul seekers to discover a new way of living, and create lives they love (from the inside out).

Connie is the creator of the transformative course *Slow Down & Tune In* and host of the top-ranking podcast *Awaken Radio* where she shares inspiring and heart-felt conversations on topics such as self-love, happiness, health, spirituality and living your dreams.

Her mission is to guide courageous men and women on the journey of turning inwards to truly get to know themselves. Since discovering her purpose eight years ago, she has helped thousands of people around the world to awaken their hearts, activate their inner wisdom and create lives guided by love.





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## CREDITS

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*"I can shake off everything  
as I write; my sorrow's  
disappear, my courage is  
reborn."*

Anne Frank



