

A woman with blonde hair, wearing a white spaghetti-strap top and a grey skirt, stands on a sandy beach. She is wearing a straw hat and has her right hand on top of it. She is looking out at the ocean under a cloudy sky.

Align + *Elevate*

21 days of journaling to align you with your highest self
and elevate your life.



TIPS & GUIDELINES FOR WORKING WITH YOUR DAILY PROMPTS:

+ Write the prompt in your journal at the top of the page and read over it a few times. Sit with the question and take a few deep breaths, and begin to notice what arises in you.

+ As soon as you hear the words forming in your mind, put pen to paper and start writing. I suggest writing as much as you can, without stopping to re-read.

+ If you reach a point where you think you have written all you can, see if you can write some more. Simply pause, take a few deep breaths, re-read the question and see if anything else flows.

+ Allow this to be a creative writing experience, where you are free to express and explore the prompts in any way you want. Try to not overthink it or aim to get it right or perfect, as this will block your expression.

+ If nothing comes to mind in response to a question, I suggest that you simply start writing and allow the clarity to come to you as you write. Sometimes once your hand starts moving, it supports the words to flow.

+ If any stage you feel really stuck, you can leave a prompt and return to it at another time when you feel ready.



←← DAY #01 →→

Reflect over the year 2019.
Choose a word that most accurately describes the theme, feeling or energy of this year for you. Journal about some of the key experiences you have had this year which tie into this theme.

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Additional notes for your Day One activity:

As you reflect on this prompt you may find that your theme comes to mind very clearly. This may be something you have already been reflecting on through the year.

However, if you are finding it difficult to pinpoint, reflect on the feelings or emotions you have experienced a lot through the year. Also, think about the common thread that has run through many of your experiences, learnings or lessons.

Some examples of themes might be: Trust, Upleveling, Surrender, Transition, Expansion, Completion, Transformation, Abundance, Flow, Freedom, Expression, Feminine Energy, Self-Care, Balance, Courage, Love, etc. If you feel that your year has had several themes, you can choose more than one, and explore how they all tie together.



←← **DAY #02** →→

Reflect over the year 2019.
What are you ready to complete, release,
end or let go of from within yourself and
your life? What do you not want to carry
forward into 2020?

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Additional notes for your Day Two activity:

There is a range of ways that you can approach today's activity.

You may like to look at the external areas of your life and notice what is feeling heavy or out of alignment and what you want to let go of. You may reflect within yourself on any patterns of behaviour, ways of thinking or habits which you do not want to continue practising. Or, you may reflect over any particular cycles or chapters that you feel have been unfolding in your life, which you are now ready to end.

Just trust yourself on what first comes to mind when you read this prompt and begin there. You do not have to cover all areas of yourself and your life, just explore the ones that feel the strongest to you at this time and the ones that first come to mind when you read this prompt.



←← **DAY #03** →→

Identify something from yesterday's activity that you are wanting to let go of, but instead you are finding yourself holding on. Why you might be holding on to this? What would be possible for you if you let this go?

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Additional notes for your Day Three activity:

Sometimes we feel and know that we want to let something go, but we find it hard to do. We find ourselves clinging to the very thing we want to release.

It could be a belief system that feels really familiar to you, an unhealthy habit you have been doing for years, a relationship that doesn't feel good, a work situation that brings you stress, a pattern of behaviour that makes you feel disempowered, or a way of thinking or talking to yourself that holds you back.

It is important to look at why you may be holding onto it. Does it keep you safe or protect you? Does it allow you to play small? Does it allow you to make excuses and not move forward? Is it keeping you in your comfort zone or in what is familiar? Get honest. Then think about what would be possible for you if you let this go.

A woman with blonde hair, wearing a white tank top and a light-colored skirt, is seen from the back, holding a wide-brimmed straw hat. She is standing on a sandy beach with the ocean and a cloudy sky in the background. A white rectangular box is overlaid on the image, containing text.

←<<< DAY #04 >>>→

What has been your best manifestation from 2019? What have you created, achieved or changed this year that has brought you the most happiness & fulfilment?

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Additional notes for your Day Four activity:

As you reflect on this prompt, you may notice that there is something significant you manifested this year that felt wonderful and magical to you. If so, see if you can reflect on how you manifested this. What did you do to call this into your life?

You may also notice that there weren't any big or special manifestations, but perhaps there were some changes you made or something you achieved or created which brought you new levels of happiness. Be sure to acknowledge this, no matter how small it seems.

It is so important that we take time to feel proud of ourselves, appreciate what we have created and celebrate ourselves for all we achieved.



Additional notes for your Day Five activity:

If something you were wanting to create, manifest or achieve in 2019 did not come to fruition, don't beat up on yourself or feel like a failure. Rather, see this as a powerful learning opportunity.

This is a chance to become aware of what may have held you back or got in your way. This is a chance to see what is not working or supporting you to have what you want. This is a chance to get honest about where you are not showing up. Or, alternatively, this is a chance to practise trust and surrender to see that there may be a higher reason why it was not the right time for it to happen.

Learn from your experience this year and then reflect on what you can do differently in 2020 to manifest what you want.



←← **DAY #06** →→

After you have listened to Workshop One, reflect on the energy of your highest self.

What key differences do you notice between who you being now, versus who you are being as your highest self?

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Additional notes for your Day Six activity:

You may like to create two columns or subheadings where you can explore the energy of your current self, versus the energy you began to connect with when you aligned with your highest self.

Notice the difference between the two and explore everything that is different from your mindset, self-talk and thinking, to how you feel, move and act. This will help you see what shifts you need to create within yourself to align with your highest self.

For example, as your current self you may often feel lack or anxiety, talk to yourself with criticism, have low energy and often hold back out of fear. But, as your highest self you may feel trust and calmness, talk to yourself with love and kindness, feel vibrant energy and courageously step outside your comfort zone.



Additional notes for your Day Seven activity:

Spend a few minutes breathing into your body and calling into the energy of your highest self. As you connect with this energy and align with your highest self more deeply, begin to turn your focus to 2020.

As you feel your energy expand and lighten and your mind open, ask your highest self to show you what is next for you in 2020. What visions, dreams and desires does your highest self hold? If you were living as your highest self and you were free of fear and limitation, what would be possible? What would you most love to create, achieve, do or manifest in 2020?

Write down in your journal any of the ideas, plans or inspired visions that come to mind. You don't need to know how they will come to life, just write them down.



Additional notes for your Day Eight activity:

While you may already be aware of what all of these little things are that get you feeling good and bring you into alignment, it is great to write it all out together so you can refer to it any time you need a pick me up.

Some of the things that are on my list of go-to practices for raising my vibration include: a hot bath, getting a massage, dancing to an upbeat song, swimming in the ocean, doing a big coastal walk, feeling the sunshine on my skin, a big mug of hot coconut cacao, diffusing essential oils, listening to a podcast, pampering myself with a face mask or body massage, a hug from my partner, pole dancing class, stretching out on my yoga mat, a soothing guided meditation, just to name a few!



←← DAY #09 →→

What is your word or theme for 2020 and how would you love this to guide you? Explore what you could practise, start doing or change in order to help you feel this way next year.

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Additional notes for your Day Nine activity:

Take a moment to tune into what you desire for 2020 and choose a word that describes how you would love the year to feel, or how you would love to feel as you move through the year. What would you like the theme of next year to be for you?

Then, explore what living guided by this theme or feeling word in 2020 will look like. What does this word or theme mean to you? How will this theme guide you and your choices and actions throughout the year? What will you need to let go of or stop doing so you can feel this way? What will you need to start practising or change to help you feel this way in 2020?



←<< **DAY #10** >>→

Choose one area of your life that you would love to take to the next level in 2020. In your journal, describe in as much detail as you can what you would love to create, manifest or experience in this area of your life, along with how you want it to feel.

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Additional notes for your Day Ten activity:

Identify an area of your life that you are ready to expand. It may be an area where you have long-held desires and dreams that you are ready to materialise or an area that has felt stuck or stagnant for a while and you are now ready to create a change.

Reflect on what your 'next level' in this area of your life means to you. What would expanding this area of your life look like? Is it about creating bigger results, calling in something new or stepping up? Or, is it about making changes so that this area of life can feel more joyful and fulfilling?

In your journal, explore what you feel ready to create or manifest in this area. Describe what you desire in detail in the present tense as though it has already happened. Also, be sure to include how you want this area of life to feel so you can really connect with the emotions of this next-level reality.



←← DAY #11 →→

Where in your life at the moment are you not following your inner guidance? In what ways is this inner guidance encouraging you to take a step or make a change, but you have been avoiding following it or acting on it due to fear and resistance?

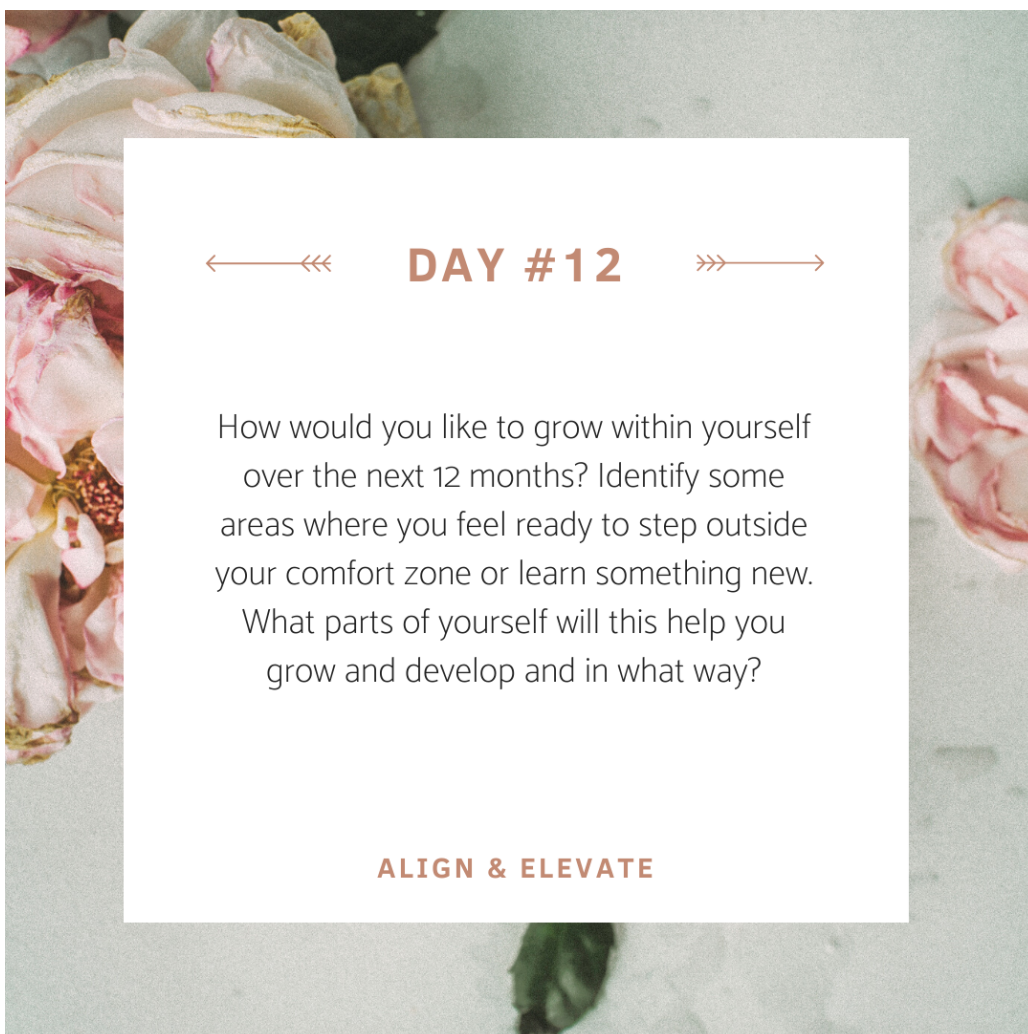
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Additional notes for your Day Eleven activity:

Sometimes it can feel confusing to know if the inner voice you hear is coming from your mind or intuition. It may take time to be able to clearly hear what your inner voice is saying, but despite this, you most likely still feel and know deep down what it is trying to show you.

Get honest with yourself today. Enter this exercise with the belief that you do have a guiding inner voice, and on some level, you know exactly what it is trying to tell you or show you. You may start your entry today with the question 'Dear inner guidance, what do I need to know?' or 'Dear inner guidance, what step do I most need to take?' Trust whatever flows onto the page.

If you feel conflicting energies or hear different perspectives, just write them out too. Sometimes putting it all out onto the page can help you find clarity.



Additional notes for your Day Twelve activity:

In today's activity, reflect on a few areas where you want to learn something new or step outside your comfort zone in some way in 2020. Is there a new hobby or activity you want to take on? Is there an area of learning that you want to dive deeper into? Is there something that you want to do which will really stretch and challenge you?

Also, reflect on any areas within yourself that you would like to grow and develop. You may want to grow in your levels of confidence, in how you handle money, in your feminine or masculine energy, in your creativity or in your health and fitness, for example. Explore what will help you do this.

Setting intentions for how you want to grow and expand within yourself is just as valuable as setting goals for what you want to achieve or create, so be sure to give yourself plenty of time to really explore today's activity.



←← **DAY #13** →→

What have been your most powerful areas of growth in 2019? Reflect over any places where you stepped outside your comfort zone or stretched yourself in a new way. What parts of yourself did you grow and develop this year and how?

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Additional notes for your Day Thirteen activity:

In today's exercise, reflect over the year and really acknowledge yourself for the places that you experienced growth, development or expansion within yourself.

Look for those places where you did something that made you uncomfortable, took a new step, learnt a new way of doing things, challenged yourself, committed to growing within yourself or developed a new part of yourself.

You may also like to reflect on what qualities you cultivated within yourself through doing this. Did taking this step demonstrate courage, strength, openness, self-love, resilience, surrender, determination or a powerful faith in your heart and intuition, for example? Take time to reflect today and really acknowledge yourself.



Additional notes for your Day Fourteen activity:

Achieving something that feels important and significant to you, often involves having to break through some level of fear. Most of our big heart-driven dreams tend to make us both excited and scared at the same time.

In today's activity, explore the fear that feels like the biggest and most significant one for you which you know you will need to face and overcome to create what you desire in 2020.

Fear loses its power over you when you face it, witness it, and shine a light upon it. So today, take a deep look at this fear. Reflect on where it came from and how this fear has been holding you back up until this point. Then reflect on why you are ready to break through this fear and let it go.



←← **DAY #15** →→

Reflect on the fear that you identified yesterday. Now, write some words of encouragement to yourself. Speak to yourself the way you would a best friend and share loving, empowering and supportive guidance on why you can overcome this fear and achieve what you desire in 2020.

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Additional notes for your Day Fifteen activity:

The more energy and focus you give to your fear, the more real it will become and the more you will believe it. So, when fear arises, it is important that you don't give it all your power. Instead, choose to shift your thinking and bring in a more loving and empowering perspective.

In your journal today, invite in the voice of love and speak to yourself the way you would someone that you deeply cared about. Write a letter of support and encouragement to yourself, where you share loving words about why you believe you can overcome this fear and why you can achieve what you desire.

What do you most need to hear or know in order to feel confident and empowered? Tell yourself the very words you need to feel supported and strong enough to move through this fear.



←← **DAY #16** →→

What self-care rituals and self-love practices would you like to integrate into your life in 2020 to help you thrive, feel your best and align with your highest & brightest self?

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Additional notes for your Day Sixteen activity:

Self-love and self-care are an important part of staying in alignment with your highest self and having the energy, clarity and strength to achieve your dreams. Nothing about self-care or self-love should feel heavy, like an obligation or a 'should', so whatever you bring in, make sure it feels really nourishing and enjoyable to you.

Is there a new way of moving your body you want to practise in 2020? Do you want to create a morning routine? Are there any areas of your health you want to work on such as your flexibility, your digestion, stress or hormones? Do you want to learn to say No, have better boundaries and make more time for yourself? Do you want to book in regular treatments such as massages, facials, spa days, manicures or hair appointments? Do you want to explore working with a new practitioner such as a kinesiologist, a naturopath, a chiropractor or try something like pilates, hot yoga or pole dancing? Do you want to dedicate more time to your at-home self-care practices like baths, cooking, stretching, journaling, meditation or body massage? Do you want to learn more about self-love and work with a life coach, read books or take courses?

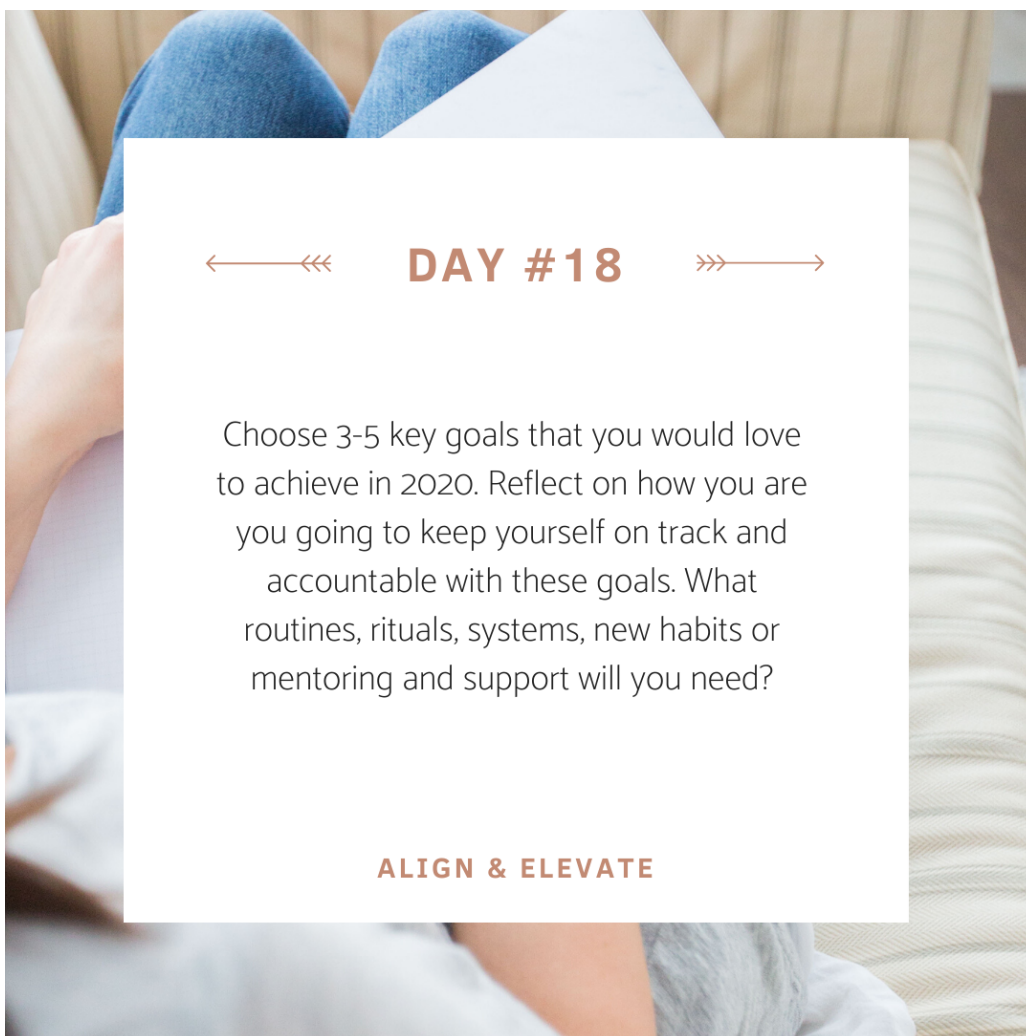


Additional notes for your Day Seventeen activity:

We are in a powerful time of energetic preparation in the lead up to 2020. These final few weeks of 2019 are our opportunity to lay our foundations, get organised, clear out remaining clutter and set ourselves up for all we want to create in the new year.

In today's activity, take some time to reflect on how you could best use these remaining weeks of 2019 to set yourself up for success in 2020. Do you need to clear out some clutter from your home or sort out your computer files so you feel organised? Do you need to tie up some loose ends of tasks, projects or issues that are sitting incomplete and are draining your energy? Do you need to sit down and map out your 2020 so you have an action plan? Do you want to start creating new habits in your health, fitness or self-care? Do you need to do an audit of your bank accounts and finances to ensure everything is clear and in order?

Explore anything that feels important for you to get in order, clean up, release, or start setting up to help you thrive in 2020.



←<< **DAY #18** >>→

Choose 3-5 key goals that you would love to achieve in 2020. Reflect on how you are you going to keep yourself on track and accountable with these goals. What routines, rituals, systems, new habits or mentoring and support will you need?

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Additional notes for your Day Eighteen activity:

It is easy to step into a new year feeling excited about big dreams and goals you want to achieve, but unless you have support systems set up to help you stay on track and accountable, these goals can easily fall to the wayside as soon as you get busy.

In today's activity, think about what you will need to set up to help you stay on track in 2020. Do you want to create a morning ritual where you visualise your goals each day, a Sunday ritual where you plan the week ahead, or a monthly ritual of reviewing your goals and creating an action plan? Will you need to create some new habits or systems to support you? Could you put your vision board somewhere where you see it every day and stick your goal on your bathroom or bedroom mirror?

Also explore if you need to invest in some support such as a coach, mentor, personal trainer, financial strategist, accountability partner or an online course that will keep you on track.



←← **DAY #19** →→

As we approach December, think about how would you like to feel as you move through this final month of the year. How can you support yourself to feel that way?
What will you need from yourself?

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Additional notes for your Day Nineteen activity:

December can be a really busy month and often involves wrapping up work, attending parties and events and preparing for everything the holiday season entails.

To ensure you don't too swept up and distracted by the busyness of this period, spend some time thinking about your intentions for this month, how you want to feel, and how you are going to support yourself to feel this way. This does not have to be a time where you feel overwhelmed, stressed or reactive. You get to choose how you want to approach this month, what feelings you want to embody, what you say Yes or No to, and how you will give yourself what you most need.

For this activity, chose a few words to describe how you want to feel as you move through this month and how you can support yourself to feel that way.



←← DAY #20 →→

Write a thank you and farewell letter to 2019. Begin your letter with 'Dear 2019' and then list the blessings, learnings and opportunities this year brought and express gratitude for them. Then write out what you are ready to farewell and say goodbye to and what you wish to complete as this year ends.

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Additional notes for your Day Twenty activity:

Take a moment today to reflect on 2019 and wrap up this year with love and gratitude. Write a thank you and farewell letter to this year as a sacred way of completing all that this year has brought you.

Start your letter with 'Dear 2019' and begin by reflecting on all of the beautiful experiences you have had this year. You have been delivered an abundance of learnings, opportunities and blessings that are gifts from life. Even your most challenging experiences have helped you to grow and evolve so be sure to give thanks for them too.

Then, declare in your letter to 2019 what you are now ready to release, say goodbye to, complete, close off and farewell. It could be a pattern or habit within yourself, an old belief system, a person, a situation or an emotion. Once again, approach this with an energy of gratitude by thanking these for all that they taught you, but declaring that you are now ready to release them for good. If you wish to, you can then rip up or burn your letter as part of a releasing ritual for 2019.



←<< DAY #21 >>→

Write a new beginnings and welcome letter to 2020. In this love letter to the year ahead, share why you are excited to step into the year, what you are ready to create and experience and what intentions and goals you hold for 2020. Then close your eyes, put your hands on your heart and send love & light to the year ahead.

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Additional notes for your Day Twenty-One activity:

It is now time to turn your focus to 2020 and all of the new beginnings that you feel ready and excited to step into.

Start your letter with 'Dear 2020' and begin to declare to the year ahead what you intend to create, manifest, achieve, feel and experience in this powerful new year. Feel the love, passion and excitement in your heart as you allow yourself to write in as much detail as you can what your intentions, dreams, desires and goals are for 2020. Tell this year what you most want to create.

Once you have written everything you can, close your eyes and place your hand over your heart. Imagine you can send a giant beam of love and light energy to the year ahead and you can bless this year with the energy abundance, happiness, peace and joy. Send a prayer to the Universe for all of your dreams to be supported to come to life. If you wish to, you can then create a sacred altar where you place your letter and surround it with crystals, candles, flowers, oracle cards or anything else you feel to help supercharge its energy.



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 courses *Slow Down & Tune In*, *Divine Femme* and *Align & Elevate* and host of the top-ranking podcast *Awaken Radio* where she shares inspiring and heart-felt conversations and interviews that receive over 25,000 listens per month.

Her heart-felt 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 heart, activate their inner wisdom and create lives guided by love.

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