



# 21 DAYS OF JOURNALING

TO RELEASE THE OLD & CALL IN THE NEW





# STARTING STEPS

## Starting steps to help you prepare for your 21 Days of Journaling Journey:

### 1. Choose Your Journal

If you don't already own a journal, I suggest purchasing one before the course begins.

If you already have a journal that you use, you can decide whether you would like to complete your 21 days of journaling prompts in your existing journal, or if you want to use a separate one for the course. It is totally up to you!

### 2. Choose Your Time

Where possible, I suggest creating a ritual or habit out of your journaling practise by sitting down at the same (or similar) time each day to work through your journaling activity for that day.

Choose a time of day that will typically work well for you, and see if you can stick to it for the 21 days. As a rule, journaling in the morning works quite well, as it allows you to tune into yourself before the day begins. If that won't work for you, it is also more than fine to create an evening ritual and complete your journaling activities before you go to bed.





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## 3. Create A Sacred Space

Start to think about where you will feel most comfortable journaling each day, and anything additional you want to bring into your practise. It will be much easier to find your journaling flow, if you are set up in a comfortable, relaxing and safe space. It is more than fine to journal in bed, or you may like to sit in a comfortable chair, or on a cushion.

Before you sit down to write each day, set up your space with everything you will need. You may like to make a warm cup of tea or coffee, play some relaxing music, light a candle, diffuse some essential oils, or even practise some meditation or gentle yoga stretches before you begin writing. If you use crystals or oracle cards, you may also like to keep them nearby too. This will help make your journaling practise feel sacred and special, and like a beautiful self-care ritual.

## 4. Set An Intention

Spend some time thinking about what your intention is for the course. Reflect on what drew you to this experience, and what made you want to be a part of it. Think about what you would love to receive clarity on or gain from this experience.

Set some intentions about how you want to feel as you move through the course, how you want to show up, and what you would love to shift, change, release, learn or experience through this journey.



# GUIDELINES

## Guidelines and tips 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.





# THE 21 PROMPTS





## ← « DAY #01 » →

Reflect over the year 2018.  
Choose a word that most accurately describes the theme, feeling or energy of this year for you. Once you have identified your theme, 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 1 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: Transition, Letting Go, Up-leveling, Surrender, Expansion, Completion, Transformation, Awakening, Connection, Freedom, Expression, Creativity, Self-Care, Balance, Courage or Love.

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 » » →

Identify some key experiences from this year that felt challenging, negative, or where what you wanted didn't manifest, or go according to plan. Under each one, journal about what this experience taught you, how it helped you grow, and what you are grateful for about it. See if you can find the hidden blessing.

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**Additional notes for your Day 2 activity:**

As part of completing this year, it is important to heal and release any lingering negative feelings about what has unfolded. When you look for the hidden blessing, opportunity or learning in every experience, it helps you see it in a more positive and grateful light.

I know it is not always easy to find the blessing in an experience that hurt you, challenged you, or which left you feeling disappointed. This is not about discounting how you feel, but rather choosing to set yourself free.

The purpose of today's prompt is to help you remember that there is a divine plan unfolding in your life, and that everything is here to help you. Nothing ever goes wrong, even if it unfolds differently to what you expected. When you look at each situation through this perspective, you will see that life is always trying to help you grow and learn. Every experience is preparing you for what is truly right for you, and if something doesn't work out, it is because it was simply not meant to.



## ← « DAY #03 » →

List out some of the ways that you think about yourself, or speak to yourself, that are unloving, negative, critical or unsupportive.

Explore in your journal why you are now ready to let these go, and what you would like to replace them with, so that you can feel loved, empowered and supported.

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### **Additional notes for your Day 3 activity:**

As you witness these thoughts or patterns of self-talk, try to be gentle and compassionate with yourself. Be mindful of any self-judgment that arises about what you notice, and instead choose to feel proud that you are finding the courage to look at these patterns and face them.

Most of our negative thinking and self-talk hovers below the surface, and runs through our mind automatically without us even realising. When you witness and write out these thoughts, you are creating powerful new levels of self-awareness. You are taking these thoughts out of the subconscious and up into the conscious mind where you can change them.

So, see this as an empowering exercise! It is like weeding the garden of your mind, by pulling out the old negative thinking, and consciously choosing to plant beautiful, new seeds.





## ← « DAY #04 » →

Think about what you are most proud of yourself for from this year. Spend some time in your journal today acknowledging your key achievements, the changes you made, and the brave steps you took through 2018. You deserve to be celebrated.

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### **Additional notes for your Day 4 activity:**

Notice how you are feeling as you approach the end of this year. Have you in any way been feeling disappointed or frustrated that you didn't achieve what you had intended, or make the changes you were wanting to make?

If so, what is needed is a shift in perspective. It is time to shift your focus off what you haven't done, and instead start celebrating and acknowledging all that you have done and achieved. Acknowledging yourself builds greater confidence and self-belief. It proves to yourself that you can change, and that you are a success.

As you go through this exercise, also think about what really helped you make these changes, take these steps or achieve these goals. How did you do it? Once you uncover what worked for you, you can re-apply this approach in the future.



## ← « DAY #05 » →

Identify a habit or pattern of behaviour that you have been struggling to let go of. Reflect in your journal on why you might be holding onto it. Think about how it keeps you safe or protects you, what it allows you to avoid, and what it helps you feel or experience.

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### **Additional notes for your Day 5 activity:**

All of our behaviour serves us in some way. Everything we do either meets a need, helps us feel a certain feeling, or allows us to avoid what we don't want to experience.

For example: We may procrastinate, as a way to avoid doing something where we might fail or be judged. We may eat emotionally, to meet our need for comfort and pleasure. We may avoid exercise, as we don't want to feel pain or discomfort. We may stay in a certain relationship, because it makes us feel that we are loved and wanted. We may not apply for our dream job, to avoid potentially being rejected. We may use social media, to meet our need for connection and validation. We may sabotage our goals, to stay inside our comfort zone. We may people please, to avoid the feeling of disappointing others. The list goes on!

Today's exercise will require you to dig a little deeper and get honest with yourself. However, it will be worth it. If you can uncover why it is that you are running these patterns, then you can finally start changing them. Work through this exercise with patience and self-compassion, and journal out any new realisations.





## ← « « DAY #06 » » →

Write a completion letter to 2018. This letter may include: declarations of what you are ready to let go of, the old chapters and cycles you are ending, which behaviours or habits you are releasing, the pain or struggles that you are shedding, the lessons you are ready to complete, along with anything you want to leave behind and not carry into 2019.

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### **Additional notes for your Day 6 activity:**

Today's activity is part of your preparation for the Completion Ritual exercise. Bring this letter to that ritual, as you will be using it as part of the activity.

There is no right or wrong way to write this letter. You may choose to start it with "Dear 2018", and then just trust what flows onto the page. You may also find it helpful to draw on your journal entries from the previous daily prompts, or from the notes you took in the workshop.

The purpose of this letter is to simply declare what you are ready to release, leave behind, close off and complete. You may like to start with some gratitude and thanks for all the year brought you, along with your key lessons and learnings. Then, you can list out and describe anything from 2018 that you do not want to carry forward, and what you want to let go of before the year ends. You may also like to include what parts of your '2018 self', you are choosing to release and/or upgrade.



## ← « DAY #07 » →

Choose 1-3 ways that you would like to practise self-care and self-love today. It doesn't matter how small or simple they are. Write them in your journal, and at the end of the day, reflect on how implementing these practices made you feel.

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### **Additional notes for your Day 7 activity:**

Today's activity will not require any deep diving or soul searching. This exercise is simply about writing down some small ways that you would like to show love and care for yourself today.

If practising self-care or self-love feels a little new or unfamiliar for you, reflect on how you feel about it in your journal, and notice if there is any resistance or discomfort. Then, once you have completed your practices, journal about how you felt after making this time for yourself.

If you are used to making time for self-care or self-love, dig a little deeper today. Rather than just listing your usual practices, perhaps try doing something different. See if you can really tune into yourself and listen deeply to your body and your needs. Ensure that your practices are really helping you feel how you want to feel, rather than just going through the motions.



### **Additional notes for your Day 8 activity:**

Balance is a bit of a myth, and I am not suggesting that you strive for perfection in this area. However, it is important to look the places where it feels like there is a significant imbalance in some area, which is having a negative impact on you, or on other areas of your life.

When you first read the question, you will most likely have an area of life, or a situation come to mind right away. Perhaps on some level you already know what is out of balance, but you haven't as yet made the time to work on it.

If you want further support with identifying an area, I suggest reflecting on the following questions:

- + Where is there too much, or not enough of something?
- + Where are you giving more than you are receiving?
- + What feels like it is missing for you at the moment?
- + What are you not making time for that is important to you?
- + Which areas of your life are getting too much of your time and energy, and which areas are being ignored or neglected as a result?





## ← « DAY #09 » →

Place your hands over your heart, close your eyes, and bring all of your awareness into your heart space. Become still and listen. What does your heart want? What are its desires? What guidance or wisdom does it have for you? Write down whatever your heart shares with you.

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### **Additional notes for your Day 9 activity:**

Your heart is the source of so much loving wisdom and support, and it is always guiding you to what is truly right for you.

If you are not used to tuning into your heart energy, you may not feel a connection to it right away, or hear its guidance immediately. It may take some practice and patience, and that is totally ok. Simply start by placing your hands over your heart space, and hold your focus on that area for a few minutes as you breathe deeply. Trust whatever you feel, hear, see, experience or sense as you tune into your heart, and write it in your journal without questioning or analysing it.

To help activate your heart energy, you can play some beautiful, emotive music or think about something you love, or feel grateful for. It can also be supportive to get out into nature, go for a long walk, or practice meditation, yoga or dance as this will help you drop out of your head, and come deeper into your body.



## ← « DAY #10 » →

In what ways has fear been holding you back from stepping into the new, doing things differently, or moving forward on a new path? In your journal today, reflect on where you have been holding back or hesitating, and identify the fears that have been stopping you.

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### **Additional notes for your Day 10 activity:**

Fear will often arise as you start stepping into the new. It can cause you to hesitate, hold back or avoid taking the steps that will help you move you forward. It can leave you feeling anxious or frozen on the spot, unable to step into the new beginnings you want to create. It can also cause you to sabotage your desires, without knowing why.

Today's exercise will support you to reflect over the areas where you know you want to move forward into something new, but you have been unable to take the steps you want to take. In these places, dig a little deeper to see where there may be a fear that is blocking you.

Your first step is to simply identify what you are afraid of, as this awareness will allow you to change it. If you want to dig a little deeper, reflect on how you want to support yourself through this fear, and what will help you feel safe to move forward.



## ← « DAY #11 » →

Where are you needing to practise trust and surrender at the moment? In your journal, identify an area of your life that is filled with unknown or uncertainty. Reflect on the ways that this situation is teaching you how to let go of control, practise trust, flow with life, and surrender to the divine plan.

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### **Additional notes for your Day 11 activity:**

As we move through periods of change, letting go and transition, we will often be faced with the unknown or a lot of uncertainty. These times can feel incredibly unsettling, and they can also be very challenging to navigate. However, the more you can flow with what is happening rather than resisting it, the easier it will become.

These periods of unknown and uncertainty always have beautiful lessons to teach us. They can teach us how to release our need to be in control. They can help us let go a little, and live more deeply in the present moment. They can help us find deeper trust in ourselves, as we can no longer look outside of ourselves for certainty. They can help us learn patience and surrender, and how to flow with what life is bringing.

Whatever situation you are facing, see if you can shift your perspective. See if you can open up and accept what life is bringing you, rather than resisting it. Look for what life is encouraging you to practise right now. Look for where it is asking you to shift out of fear or control, and instead come into deeper connection with the little voice within that is guiding you, and is telling you everything will be ok.





← « « DAY #12 » » →

Identify an area of your life that you want to take to the next level. In your journal, reflect on what this next level is, and what it would look and feel like. Describe what you are now wanting to create, experience or manifest in this area of your life.

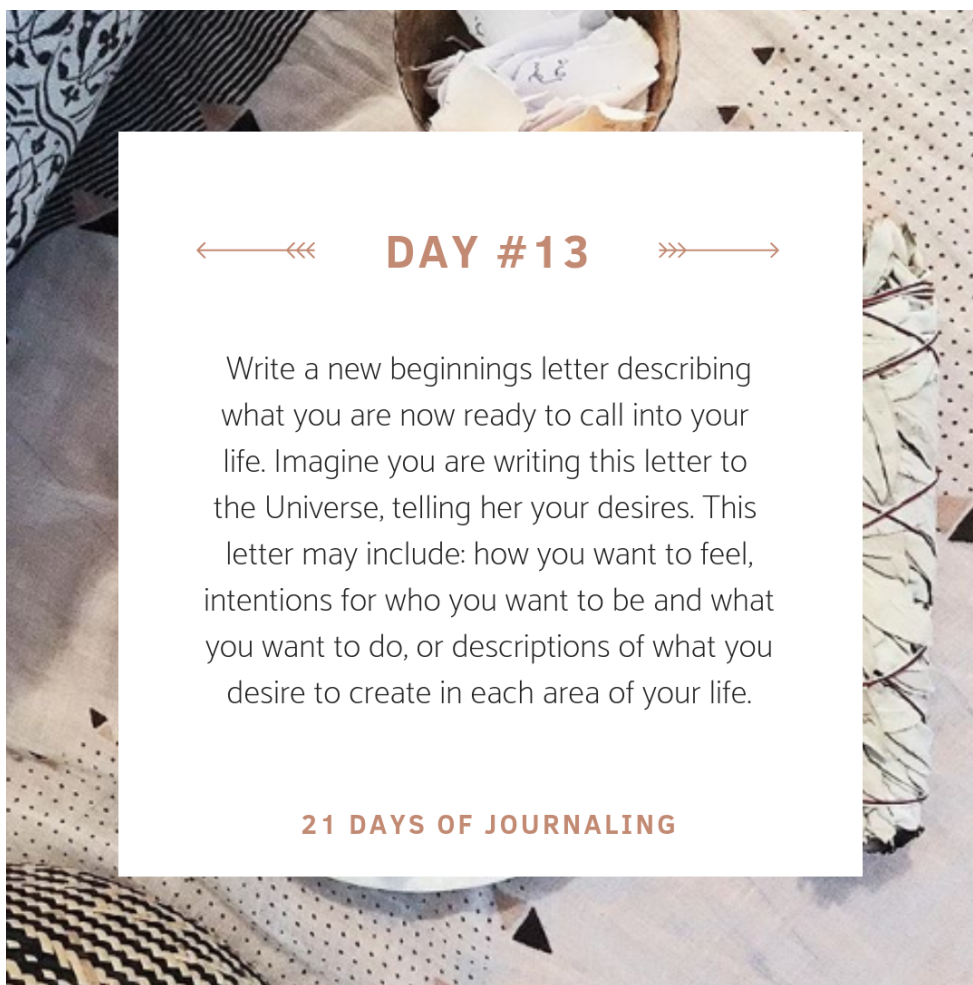
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**Additional notes for your Day 12 activity:**

Much of the letting go that we have been doing this year, has been preparing us for the next level that we are ready to step into. We have been growing and transforming this year. We have been upleveling our mindset, energy and way of being, and now many of us feel ready to expand into new territory in our lives.

When you read today's question, you may clearly know the next level you feel ready to step into, as you have probably been thinking about it all year. If nothing comes to mind, think about where you are wanting to expand, step up or call in more.

This expansion could be related to a certain area of life such as your finances, health, career or relationships. What feels like the next level in each of these areas? You may also think about where you want to go to the next level within your lifestyle, habits, mindset or how you feel in your relationship with yourself. Trust whatever comes through clearest for you as you ponder today's activity.



## ← « DAY #13 » →

Write a new beginnings letter describing what you are now ready to call into your life. Imagine you are writing this letter to the Universe, telling her your desires. This letter may include: how you want to feel, intentions for who you want to be and what you want to do, or descriptions of what you desire to create in each area of your life.

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### **Additional notes for your Day 13 activity:**

Today's activity is part of your preparation for the New Beginnings Ritual exercise. Bring this letter to that ritual, as you will be using it as part of the activity.

There is no right or wrong way to write this letter. You may simply begin with a few key words describing how you want to feel. You may write it as a list of intentions. You may like to write each area of your life as a subheading, and then write a few sentences to describe what you want to create in that area.

The purpose of this letter, is to declare to the Universe what new beginnings you are ready to call in and step into. The aim is to send out a clear message about who you want to be, and what you are wanting to manifest. You may not have complete clarity on all of your desires, intentions, dreams and plans as yet, and that is ok. This may be a letter that you choose to re-visit and continue to work on over time. Just trust whatever clarity flows through for you today.



← « « DAY #14 » » →

Place your hands over your heart, close your eyes, and take a few deep breaths. Ask yourself: How am I feeling right now? Tune in and notice what arises, and then ask: What do I need? Listen deeply and honour what your inner self is asking for. In your journal, explore how you can meet that need for yourself today.

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**Additional notes for your Day 14 activity:**

In the busy lives that we lead, it is easy to become disconnected from our feelings and our deepest needs. We can forget to check in on ourselves. We may miss the messages of our body and our emotions, which are always trying to communicate with us.

Today's activity is a simple self-care practise, that encourages you to tune in to yourself, and get in touch with how you are feeling. It gives you a moment to pause, and connect with your inner world. It provides the opportunity to listen to what your inner self is needing, wanting and craving, and then practise self-love by giving that to yourself.

This would be a beautiful practise to continue working with each day to help you stay connected to your feelings and your needs. You can ask yourself these questions each morning in your journal as an ongoing self-care practise.





## ← « DAY #15 » →

Where are you currently in a space of transition? Identify a situation where you are in a process of moving from old to new, but you currently feel somewhere in the middle. In your journal, describe the transition you are experiencing. Then, reflect on what steps will help you move out of the old and into the new, in this situation.

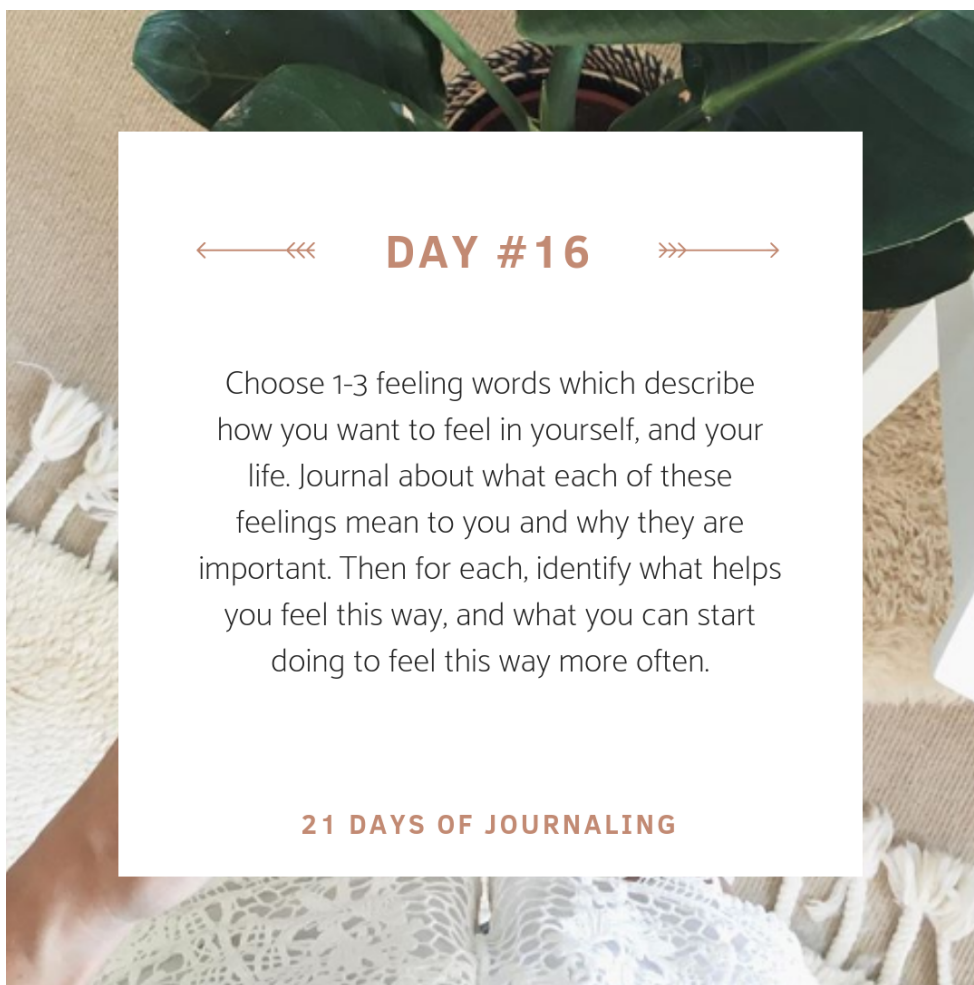
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### **Additional notes for your Day 15 activity:**

Many of us have been in a process of transition all year. While a lot of big changes have already happened, you may feel as though some of your transitions are still unfolding. You may still be dancing between the old and the new, and be working through endings and new beginnings at the same time.

For today's exercise, reflect over an area of your life where you are currently feeling this transition energy. Identify where you feel in between the old and the new. As you write about this experience, tune in to what you need support with. Is your focus at the moment to practise surrender, patience and trust? Or, is it more about being proactive and courageous, by beginning to take steps forward?

Reflect today on what will help you with this transition, whether it be more self-care and rest, or some practical action steps that you now need to take. Tune into yourself, and explore what will help you move out of the old, and into the new.



## ←← DAY #16 →→

Choose 1-3 feeling words which describe how you want to feel in yourself, and your life. Journal about what each of these feelings mean to you and why they are important. Then for each, identify what helps you feel this way, and what you can start doing to feel this way more often.

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### **Additional notes for your Day 16 activity:**

When you are working on your new desires, it is important to not just focus on what they will look like, but also on how they will help you to feel. Ultimately, the reason we do everything in our lives is because we want to feel a certain way.

When you know how you want to feel, you can focus on creating those feelings within you now, without having to wait for your desires to arrive. When you know how you want to feel, you can let these feelings guide all of your choices, commitments and actions. Before you say yes to anything you can ask yourself: Will this help me feel how I want to feel?

For today's exercise, it is fine to start with choosing one feeling word. Work through what this feeling means to you, why it is important to you, and what you know helps you feel this way. Then explore what you can start to do, practise, or bring into your life to help you feel this way more often. Once you have worked through your one feeling word, choose several more words and explore the same questions.



## ← « DAY #17 » →

Write a letter of love and support to yourself that will help you move forward into the new. Fill this letter with encouraging words about why your dreams are possible, and why you are capable of achieving them. Be your own cheerleader, and make yourself feel safe, confident and empowered to step into the new. What do you most need to hear or know?

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### **Additional notes for your Day 17 activity:**

Notice what arises for you when you read today's prompt. Notice if you feel any resistance, or if it feels foreign and strange to be your own cheerleader and really believe in your dreams.

In order for you to move forward into all that you desire, you are going to have to be your biggest support person. You need to choose to believe whole-heartedly in yourself and in your dreams. You have to be the one person who never gives up on you. You have to be the one cheering yourself on, encouraging yourself to move forward, and telling yourself that you are worthy and capable of everything you want. When you support yourself in this way, you will be unstoppable.

Today's exercise may feel challenging, but please give it a go. You may like to spend some time meditating on your heart before you begin, to help you access your loving inner wisdom. If you feel stuck, think about how you would speak to and support someone you care about if they wanted to step into something new, or achieve a big dream.





← « « DAY #18 » » →

How would you like to grow within yourself over the next 12 months? Choose 3-5 areas where you want to make some inner shifts and changes, or where you want to commit to growing, learning and expanding. Explore what is not working in these areas at the moment, and what you want to change.

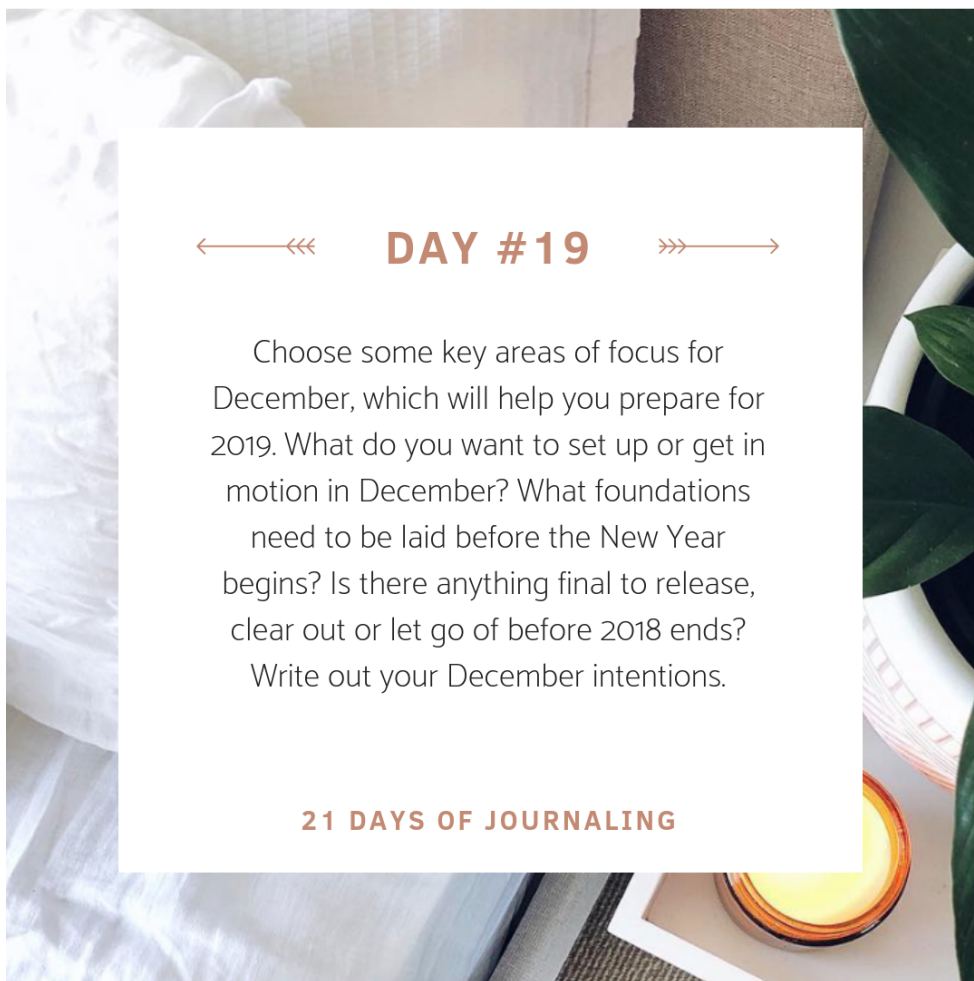
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### **Additional notes for your Day 18 activity:**

Think about some areas where you would like to practise inner work, and make some changes within yourself to how you think, feel, act or do things. Remember, change doesn't happen overnight, so set these as intentions for the next 6-12 months that you can work on over time.

Here are some examples of areas you might want to focus on:

- + Changing your relationship to money, and upgrading money mindset.
- + Breaking through a core fear, such as the fear of public speaking.
- + Increasing self-love and strengthening your relationship with yourself.
- + Practising more vulnerability and authenticity.
- + Growing your self-worth and your ability to receive in bigger ways.
- + Letting yourself play and have more fun and adventure.
- + Stepping outside your comfort zone and taking risks.
- + Healing subconscious wounds related to your childhood or past.
- + Following your heart and doing more of what you love.
- + Believing in yourself and fully showing up to pursue your big dreams.
- + Implementing boundaries and learning to say no.
- + Exploring more of your creativity.
- + Balancing your inner masculine and feminine energies.
- + Boosting your confidence and self-esteem.
- + Improving your communication, and asking for what you need.
- + Practising mindfulness and meditation.



## ← « DAY #19 » →

Choose some key areas of focus for December, which will help you prepare for 2019. What do you want to set up or get in motion in December? What foundations need to be laid before the New Year begins? Is there anything final to release, clear out or let go of before 2018 ends? Write out your December intentions.

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### **Additional notes for your Day 19 activity:**

We have a powerful opportunity in December to begin preparing for everything we want to create, build and begin in 2019. You may not as yet feel ready to leap into new beginnings, so instead you can use this month to prepare yourself for what lay ahead.

You may like to use these final weeks of the year to tie up loose ends, ensure you have let go of anything you don't want to carry forward, and close off old chapters. You could use it to start taking small beginnings steps that will move you forward in a new direction. You could focus on creating some new habits, rituals or behaviours that will support you as you step into the new year. You could also begin working on your vision board, journaling about your new desires and practising visualisation to call them in energetically.

Alternatively, your focus for December may simply be to practise self-care and rest, and this is also a beautiful way to prepare yourself for a magical new year.



## ←← DAY #20 →→

Today, write about your why. Why are you ready for change? Why are you ready to let go of your old patterns? Why do you want your beautiful new beginnings and desires? Unless you have a powerful and inspiring why, you will not be motivated to create change. What is your why?

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### **Additional notes for your Day 20 activity:**

When it comes to calling in the new, it is not just about knowing what you want, but also knowing why you want it. It is supportive to unpack and clarify your why, before you begin moving forward.

Your why will help you in several ways. It will help you see what the driving force is behind your desires, and ensure that it is your heart and truth that is driving what you want, rather than fear, need, or ego. Your why also provides a powerful internal motivator. Without your why, it will be easy for doubt, procrastination and fear to stop you moving forward. When you know your why, it gives you the strength, passion and motivation to move beyond any block, and stay committed to what you want long term.

Dig a little deeper today to explore your why. Is your why about how you want to feel, the type of lifestyle you wish to experience, or the person you want to become? Is it about serving others, contributing to the world or making an impact? Is it about exploring your own potential, and wanting to grow and break through your own limits? Is your why about your family? Is it about feeling more alive, abundant, expansive and free? Write out whatever comes to mind, and notice what really sparks a fire in your heart and belly.



## ← « DAY #21 » →

Imagine that over 12 months have passed and you have arrived at the end of 2019.

Describe what you would love to see manifested in your life a year from now. What is your life like? How do you feel? Start your entry with "It is now December 31st 2019, and I am..." Describe your ideal self, and your life, in as much detail as you can. Write it in the present tense.

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#### **Additional notes for your Day 21 activity:**

For this exercise, allow yourself to dream as big as you want. What you describe does not have to be logical, realistic or practical. You do not need to know how any of this is going to happen.

The purpose of this exercise is to get you dreaming big, thinking creativity and listening to your heart. Use your imagination to dream up beautiful, new possibilities for yourself. Think about what your ideal life would be a year from now. What is your lifestyle like? What are your days filled with? What do you see around you? Who is in your life? What has manifested? How do you feel?

When you complete this exercise, write in the present tense as if it is happening now. Start with "It is December 31st, 2019, and I am/I have..." Write as though it has already happened and it has all manifested, and you are now living it. Writing in this way, programs your brain into thinking that this has actually already happened, and allows you to feel the feelings of having it. This then speeds up the process of it manifesting. After you have written it, close your eyes and give thanks in advance to the Universe for bringing all of this magic into your life.





## 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 and interviews with experts and thought leaders from all around the world.

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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