

Journaling

Try to answer each question in-depth, and instead of just one session, come back to them several times.

When you work with any subject your subconscious will keep working the problem while you are not actively working on it. Therefore, for each topic journal, let it sit and journal again later. This way you will discover new layers of awareness and wisdom for each topic.

What I doubt about myself and why....

Understanding that doubt allows in unwanted energies and disconnects me from my truth, what I now choose to claim is...

Thoughts about myself that I repeat each day and bring me no joy are...

My perfect day looks like...

If I would release all limitations my greatest life would include...

Accepting that I am a divine being of light, and my truth is limitless a habit I am now ready to let go of is...

Habits that I know deep down hinder my physical health are...

Patterns in life I keep repeating but I feel take me nowhere are...

How I would like to feel about myself....

Changes I know I can make and I am willing to commit to are...

Things that I love about myself but don't pay enough attention to....

Things I do well and give little to no credit for....