



Journaling Questions

Create a sacred space for yourself, get quiet and still within and ask yourself these questions. Let the responses flow from you without judgement or assessment, and when you are done, feel the clarity you've experienced through the process.

1. Describe your vision of your future self. What does a typical day look like? How does she feel? Where is her energy directed? How would she describe life?
2. How does intentionally focusing on different aspects of life (money, relationships, health) to create the experiences of your dreams feel?
3. How does it feel to focus on all the good in your life to create abundance in all areas?
4. Does it sound fun to:
 - script?
 - practice alignment and intention?
 - focus on finding better feeling thoughts when feeling discomfort or undesired events?
5. What gives you the juicy tingles:
 - deliberate creation and manifestation through intentionally following your unique desires?
 - celebrating the magic of coincidences and opportunities created through focused intention?
 - connecting with your inner being and opening to life beyond the mind?
 - releasing the pain body?
 - experiencing life/Source/All That Is flowing through your physical form?
6. Do you feel ready to commit to dropping conditioned beliefs and old stories, to accept and be present with life in the now?



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6. Does it feel intriguing to truly allow all beings to be exactly who they are, exactly where they are, with unconditional love?
7. How does it feel to release control and allow everything to BE?
8. Do you enjoy the highs and lows of emotions?
9. Are you open to embracing the belief that there is no “good” or “bad”?
10. What do you feel when you think about the idea of letting go of what you know?
11. Is there anything else your inner guidance would like to share with you now?