



Journaling Prompts

- 1) What do you desire this month? Write down 10 desires for this month. Start with how you want to feel this month.

I desire...

Look back at what you have written and DECIDE this is how it's going to be.

- 2) Every morning, write out your new story that you are so happy it already happened today. Everything is happening in the now. Once you've written it out, play the Manifesting Meditation.

- 3) What 'new you' are you stepping into this month?

I am stepping into the kind of person who...

- 4) What actions will bring you closer to HER this month?

- 5) What action can I take today to begin moving towards my dreams?

- 6) What story or belief is slowing you down from getting there?
(Put this on your Desire List that you desire for it to be healed already)

- 7) Higher Self, what's important for me to know right now?

- 8) What are you here to create on this planet?

- 9) What are my clients wanting from me today?



- 10) My body is talking to me - what is she yearning for today?
- 11) How would my day look if I treated myself like a Goddess today?
- 12) What is turning you ON right now? What is turning you OFF?
- 13) Which parts of your life are tiring you out? Which parts energise you? What can you delegate/ask for help with? Don't be shy - THIS IS YOUR LIFE!
- 14) What do you need right now? Do you need to transform something? Do you need strength? Do you need self-love? Or do you need to receive?
- 15) What part of you is this situation you're in trying to turn ON? Your determination? Your strength? Which trait? Celebrate that! This situation is your vehicle to turn this part of you ON! So you'll become even more powerful and fabulous than you have been!
- 16) Have I asked for what I want in this situation?
- 17) Have I turned my power ON in this situation? What would that look like if I did?
- 18) Is this decision/person/thing adding to me or taking away?
- 19) Is this the Higher Truth or Lower Truth of the situation?
- 20) If I knew it was never going to change, what would I do differently?
- 21) How do I feel today and what do I need?
- 22) How will this week be different from the last?



- 23) Am I running towards or away from my pleasure?
- 24) A gal always has to have something to look forward to - what pleasure can I book in for myself?
- 25) If I was going to be totally ME today, what would I wear? What would I fully do? What would I cancel? And what would I totally show up for?