



JOURNAL YOUR WELL-WISHES FOR THE WORLD

If you watch a spider weave a web, they spin from the outside inwards.

Try doing the same.

Name what beauty you wish to see for the world, others and yourself.

Pray in the positive.

EX: Clean, crystalline waters (versus in the negative: non-polluted waters)

Be bold - cast your prayers wide.

Should you need extra space, use the entire back side of paper. Use every sweet inch of this repurposed tree for your deepening.



JOURNAL YOUR FEARS, YOUR LOVE & YOUR DESIRE

Prompt: What are you scared of? What do you love about life? What do you desire?

Be bold - Take a self-inventory.



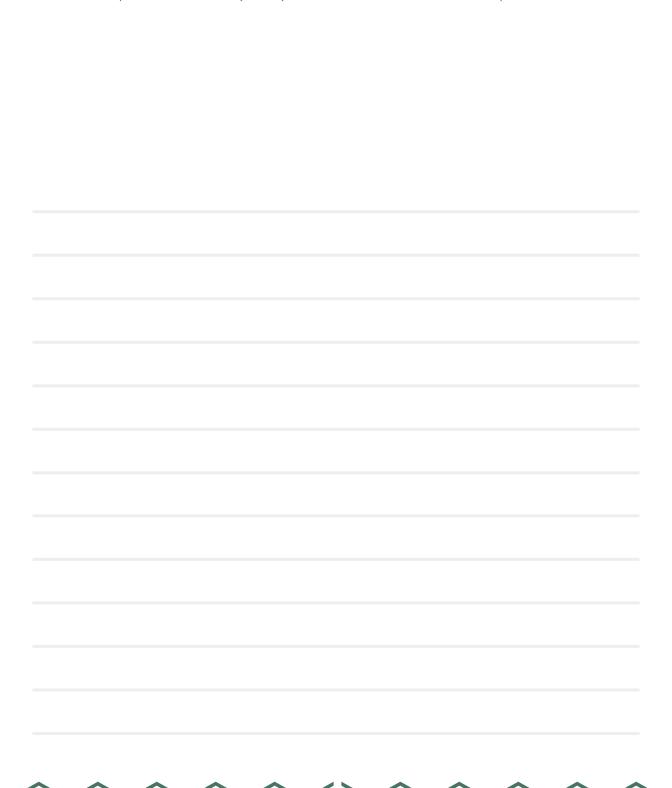


JOURNAL YOUR PROTOCOLS FOR DEEP WELLNESS

Slow Down. Ask your heart. There are no wrong answers.

You are as much of an authority on your wellbeing than any external "expert".

Prompt: What does my body, mind & SPIRIT need for deep wellness?



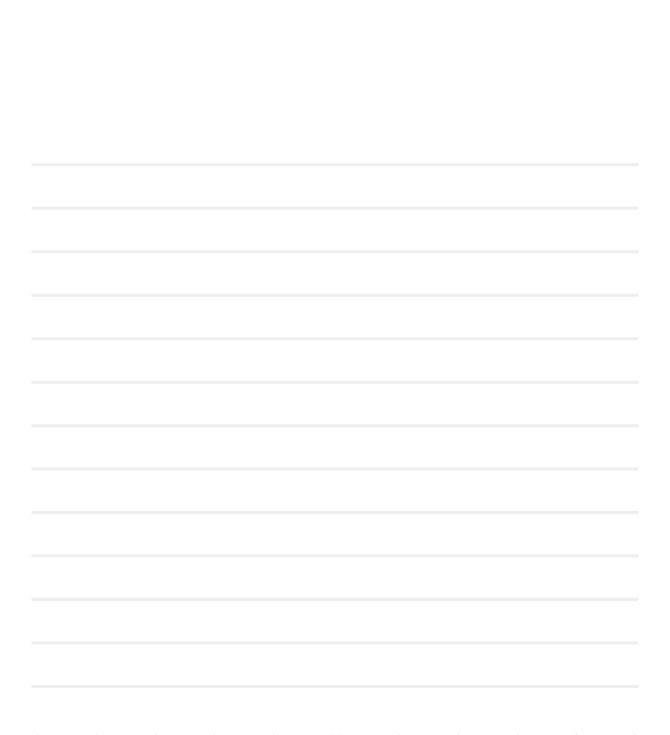


JOURNAL YOUR INSPIRATIONS

Sometimes unstructured time is what we are actually desiring.

Take a 10–30 Min walk outside, meander...then write:

What did nature communicate? How did she speak? What did you hear?





JOURNAL FIRST THOUGHTS

This is a Zen exercise - write what arises, as you experience it in the moment. Speak to exactly what is revealed to you, as thoughts arrive. If you need a "jumping off point", write about the light in your space right now.

(Yes, it is an exercise in releasing control.)





JOURNAL ONE LIMITING JUDGEMENT OR BELIEF

This is a Turn-around. Doing the first half of this excercise and stopping can lead to overwhelm. So plan to finish the writing, or wait for a better time.

Once you've named your limiting belief; EX: "I don't know what to do next."

Journal- #1: What happens to me when I think that thought?

Journal - #2: Who would I be without that thought, how would I feel or behave?

Journal - #3: What is the opposite of that statement?

EX: "I know exactly what to do next"

(Hint: Imagine making decisions from that flipped mindset.)





JOURNAL YOUR DEEP GRATITUDES

When we genuinely wish to grow everything, and everyone is a teacher. Sometimes they are sweet teachers – other times tricksters, or truth mirrors.

> Write out the gratitudes that move you. Prompt: I am deeply grateful for...



