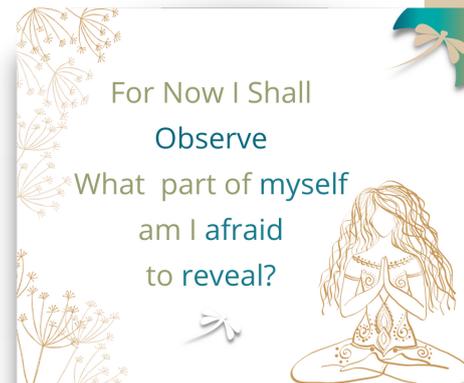


# Sacred Emotions journal prompts for wellbeing

2022

Tuesday 1st February Dark Moon in Aquarius

Take a few deep breaths and center yourself for a moment. In this space, ask yourself if there is anything about yourself that you are afraid to show others? Be honest with yourself and write it down. Why are you afraid to reveal this part of yourself?



Wednesday 2nd February New Moon in Aquarius

Acknowledging your fears is one step toward dissolving them. Reflecting upon yesterdays answers, think about what else you could do to gently dissolve those fears enough to being more comfortable with the quirky side of yourself?

*observations  
thoughts  
musings  
insights*

Thursday 3rd February

If your best friend told you what you had written down over the last couple of days, what advice or support would you offer?

*observations  
thoughts  
musings  
insights*

# Sacred Emotions journal prompts for wellbeing

2022

Friday 4th February

If 5 year old you were able to converse with you and tell you about her fears, what would you say to her, and what would you do for her? Sit in this visualization and feel the energy of the empathy.



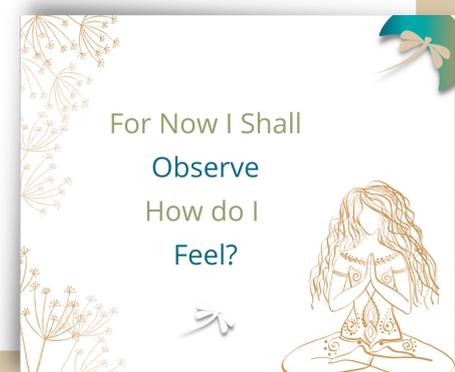
Saturday 5th February

If 16 year old you were to tell you about her fears, what would you say to her and what would you do for her? Sit in this visualization for a moment and feel the energy of this.



Sunday 6th February

Checking in today, how are you feeling on a scale of 0-10? (0 being pit bottom and 10 being totally awesome! What is the reason you rated what you did?



# Sacred Emotions journal prompts for wellbeing

2022

Monday 7th February

Thinking about yesterdays score, if you rated yourself less than 10, what is the missing link? What is required for you to be a 10? If you are a 10, Go YOU! What are you celebrating today?



Tuesday 8th February

Thinking about your current life circumstances, how grounded do you feel? What do you feel needs to change to give you more grounding and security.



Wednesday 9th February

What can you give to yourself or do for yourself today to give you more grounding? (This does not need to be a huge effort or time consuming one. Simple examples could be watering the garden, observing nature, sitting on the grass for a quick meditation.



# Sacred Emotions journal prompts for wellbeing

Thursday 10th February

2022

Thinking about the shadow side of yourself now, what about yourself would you like to improve on or change? Be gentle on yourself, here, change could be something like listen more to others or complement people more.

observations  
thoughts  
musings  
insights  
Other

Friday 11th February

Thinking about yesterday's answer(s) what can you do that will help make this change?



Saturday 12th February

What small or big thing can you do to nurture yourself today? Also, plan ahead a little and commit to something you can do for yourself tomorrow. Plan for it and make it happen. What is it?

observations  
thoughts  
musings  
insights  
Other



# Sacred Emotions journal prompts for wellbeing

Sunday 13th February

2022

How does it feel committing to doing something nurturing for yourself?



Monday 14th February

Today we are going to think ahead more and plan to do something nurturing or fun for yourself over the next couple of weeks or so. What is something you would really like to do? When are you going to do it? What do you need to arrange to make it happen? Commit to it and enter it into your diary, or calendar.

observations  
thoughts  
musings  
insights



Tuesday 15th February

Checking in today, how are you feeling on a scale of 0-10? (0 being pit bottom and 10 being totally awesome! What is the reason you rated what you did?

observations  
thoughts  
musings  
insights

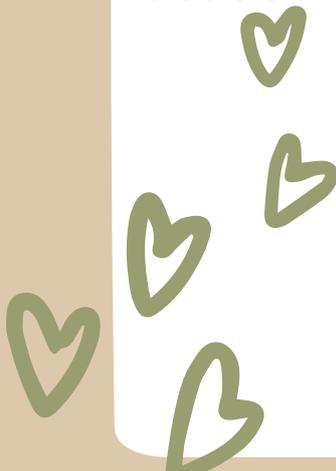


# Sacred Emotions journal prompts for wellbeing

Wednesday 16th February

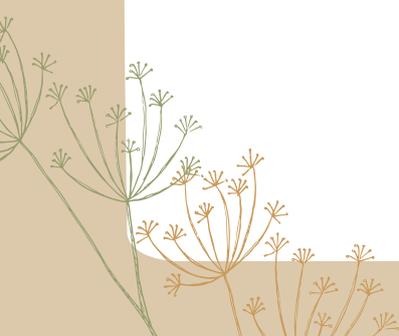
2022

The growing moon in Leo is a great time to think about your hearts desires. What changes do you want to make over the next few weeks? Is there anything you want to make happen?



Thursday 17th February \*Full Luna in Leo

Take 3 deep breaths. As you inhale, draw energy up through your feet from Grandmother Earth. As you exhale, breathe out through your mouth and allow your body to relax more with each exhale. Be still in this energy for a moment. In this stillness ask yourself, what expectations do I need to acknowledge?

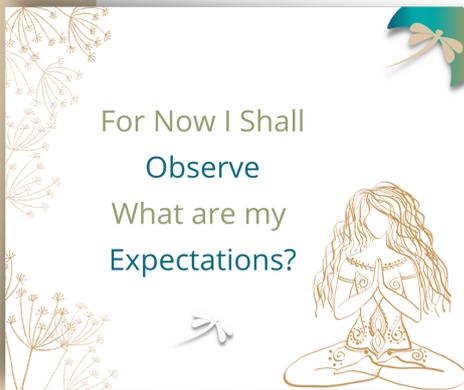


# Sacred Emotions journal prompts for wellbeing

Friday 18th February

2022

Checking in on those expectations you acknowledged yesterday, how do you feel about these expectations. Take a moment for each expectation, truly acknowledge it and if you feel the need to, spend a moment to analyze it. Why do you have that expectation... is it actually useful... what would happen if you surrendered it???



Saturday 19th February

How did you go yesterday? Did you surrender those expectations? If not, why not? If you did, how do you feel? What observations have you noticed so far? Keep observing....

observations  
thoughts  
musings  
insights



Sunday 20th February

How much rest have you had this week? Have you had enough or do you require more? How can you ensure to have more if you need it?

observations  
thoughts  
musings  
insights



# Sacred Emotions journal prompts for wellbeing

2022

Monday 21st February

Are you still making observations around those expectations you surrendered? If you did or even if you didn't surrender them, what observations have you made around them?

observations  
thoughts  
musings  
insights



Tuesday 22nd February

Checking in today, how are you feeling on a scale of 0-10? (0 being pit bottom and 10 being totally awesome! What is the reason you rated what you did?

observations  
thoughts  
musings  
insights



Wednesday 23rd February

Last month you thought about catching up with a friend/family member you haven't seen for awhile. Did you make that happen? If not why not? If distance or current circumstances prevent this, how about a video call?



# Sacred Emotions journal prompts for wellbeing

Thursday 24th February

2022

"The logical mind runs away from drowning.  
Lovers accept drowning  
in the sea as their destiny.  
The logical mind finds consolation  
in reaching a level of comfort in life.  
Lovers are focused beyond their own comfort."  
RUMI



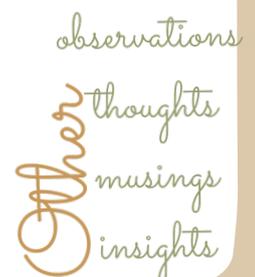
Friday 25th February

What adventures have you got planned for the next few weeks? If you don't have any planned, when can you take an adventure and where can you go?



Saturday 26th February

Reflecting on the Rumi poem from Thursday, what do these words mean to you? Are you willing to surrender your logical mind?



# Sacred Emotions journal prompts for wellbeing

2022

Sunday 27th February

What part of yourself would you love to share with the world?



Monday 28th February

Surrendering fears and expectations to the dark moon is a powerful practice. Name one fear or expectation you wish to surrender.

observations  
thoughts  
musings  
insights

observations  
thoughts  
musings  
insights

