

Sacred Emotions journal prompts for wellbeing

2022

Tuesday 1st March

If you are willing to surrender a fear or expectation which limits you, how will you acknowledge this act? Suggestions could include:

- writing it on a piece of paper and burning or burying it
- perform a visualization of the fear or expectation forming into a physical structure so that you can then visualize it disintegrating into nothingness



Wednesday 2nd March

As you are working on surrendering a fear or expectation which limits you, now is a great time to have compassion for yourself. It is the journey you have undergone thus far which has scared your mental and emotional bodies with these limiting beliefs. Understanding where these fears or expectations derived from begins an organic process. Without addressing any past trauma, write down approximately how old you were when your fear or expectation from yesterday was created. If it is a range of years, when was the first year you think it began? It could be in utero, this is totally possible also.

Please note, we are not addressing any past experience, only the age you think your fear or expectation was created in your mental and emotional bodies. This acknowledgement alone is enough to begin a pattern of dissolving your limiting beliefs.

Thursday 3rd February Dark Moon in Pisces

Are there any tasks which you have been putting off? Write down what they are and make a commitment to yourself to complete them, knowing that you will feel lighter once they are completed. If there are any tasks that are unnecessary or unimportant, allow the mind to unplug from the need to complete them.

observations
thoughts
musings
insights

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Friday 4th March New Luna in Aries

2022

What is it that you need or need to do right now to help you grow, and be a healthier version of yourself?

observations
thoughts
musings
insights

Saturday 5th March

Are you willing to commit to yourself and do what it takes (as you wrote yesterday) to grow or become a healthier version of yourself?



Sunday 6th March

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?

For Now I Shall
Observe
How do I
Feel?



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Monday 7th March

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 March

Is there a difficult process in your life right now that you may be struggling with? What thoughts do you have around this process? Write them all down even if they make no sense.

Wednesday 9th March

Did you gain some clarity around the situation you wrote of yesterday? Are you willing to trust the process? When we quit feeling the emotional turmoil around certain processes, when we quit the worry, the anxiety and the desperate need for ...something... we are then able to surrender to the flow. Trust means remembering that life happens for us, not to us ... even in the most difficult circumstances. (Please ensure to talk to a professional if you are needing help with trauma or grief)



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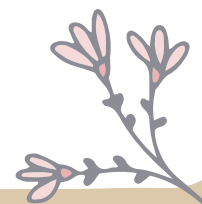
Thursday 10th March

Is there something you are avoiding right now? It may be a task or action that stirs up a great deal of emotion and anxiety. Take a few deep breaths and be brave enough to be honest with yourself. It is worth while considering this question for a few moments even if your immediate thoughts are of the contrary.



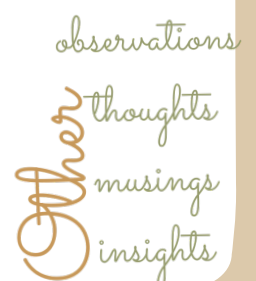
Friday 11th March

Thinking about yesterdays answer, is there the smallest thing you can do now that could be the first small step toward achieving what is required?



Saturday 12th March

How will you celebrate yourself today?



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Sunday 13th March

Take a few deep breaths, now explore deep inside of yourself if there is an instinct you need to follow right now? Are you willing to trust that instinct?



Monday 14th March

Today, let's look at your growth. What growth or learnings have you achieved over the last few months? How does it feel to achieve these things? How did you celebrate them? Or how will you celebrate them?

observations
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insights



Tuesday 15th March

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?

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Wednesday 16th March

2022

Have you observed any kind of wildlife around you recently, or perhaps you have witnessed something phenomenal?



observations
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insights



Thursday 17th March

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 emotions am I feeling right now?



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Friday 18th March Full Luna in Virgo

Checking in on those emotions you acknowledged yesterday, were you surprised by any of them? Take a moment for each emotion, truly acknowledge it and if you feel the need to, spend a moment to analyze it. Why do you have that emotion at this time? Could it be a negative belief from past experience? Is it a helpful emotion?

Now observe everything that plays out around you and within you where these emotions are concerned.

Saturday 19th March

What do you need to focus on right now? Are there any plans you need or want to make?

observations
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Sunday 20th March

Have you had any 'aha' moments recently? What are they? Have you acted upon them? If you have not felt so inspired with an 'aha' here is a quote that I hope will inspire you.

"It is not always needful for truth to take a definite shape, It is enough if it hovers about us like a spirit and produces harmony; if it is wafted through the air like the sound of a bell, grave and kind."
Johann Wolfgang von Goethe



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Monday 21st March

Have you made any observations around those emotions you acknowledged on Thursday?
Write them down, even the smallest of things - for the small acknowledgements make a large difference.

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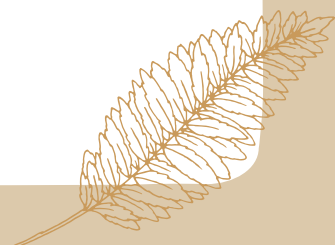
Tuesday 22nd March

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?

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Wednesday 23rd March

What is most likely to bring you peace of mind at this time? What steps can you take to work toward this? If you are unable to find the answers, take time to breath deep, clear your mind and listen to what your heart is saying.



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Thursday 24th March

What is most likely to bring you peace for the physical body at this time? What steps can you take to work toward this? If you are unable to find the answers, take time to breath deep, clear your mind and listen to what your heart is saying.



Friday 25th March

What is most likely to bring you peace for the soul at this time? What steps can you take to work toward this? If you are unable to find the answers, take time to breath deep, clear your mind and listen to what your heart is saying.



Saturday 26th March

Are you willing to accept more love into your life? Are you willing to accept more self love into your sphere? Are you willing to accept that you are worthy of unconditional love? Write down why you are worthy, or why you feel you are not worthy if that is the case.



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Sunday 27th March

Are you willing to put more love out in your sphere? Are you willing to accept the people around just as they are? Are you willing to step toward feeling unconditional love?



Monday 28th March

Thinking about any personal goals you may have, are these goals truly worthy of you or are you worthy of so much more?

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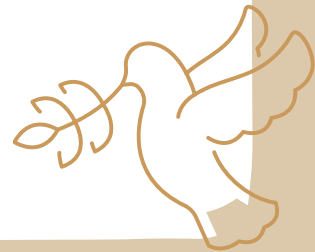


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Tuesday 29th March

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With the highest of your personal goals in mind, what expectations do you have around this goal?



Wednesday 30th March

Reflecting upon yesterdays answers, could any of those expectations be limiting your goal? Write them down and write out why or how these expectations can limit you.

observations
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Thursday 31st March

Reflecting upon yesterdays answers, are you willing to work toward your goal without holding expectation around what the outcome may look like?

observations
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musings
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