

30 Days to Sacred Soul Journaling

Discovering Your Inner Wisdom through Journaling

Sacred Soul Journaling is going beyond the “Dear Diary” of yesteryear. It goes way beyond the dump and run of emotions, frustrations and challenges you are facing. Sacred Soul Journaling allows your subconscious to come through so that you hear the wisdom of your soul. In that understanding, clarity around situations becomes evident. In this wisdom, you know the steps forward to take to solving day to day challenges as well as larger questions you may be having. Sacred Soul Journaling allows for clarity around a situation as well as offering courage to take those sacred steps forward. Your soul always knows the truth. Sacred Soul Journaling allows you to listen to your's.

Over the next 3 days, you will journey to this inner wisdom the use of your journal! I've developed this program based on the Soul Coaching™ program developed by my mentor Denise Linn and designed it with your pen and your soul in mind.

The benefits of this type of journey are MANY!!!! You will be able to hear your wisdom not ONLY when you are journaling but more often throughout the day....allowing it to guide you toward **more Joy and Abundance** in your life!!!!

The steps to this Sacred Journaling are easy to follow. Each day, you will be given a thought to write on. You decide how much time you are able to devote to your pen around it. Just by committing to this process, your intention will be heard and you'll receive great insights. If you miss a day, that's OKAY! Begin where the calendar tells you to ~ you can always go back and do the days you've missed if you have time. Do not Delay the results you deserve by hemming and hawing over having missed a day here or there!!!

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The weeks of this program are divided into the four element theory..

Each week, you will concentrate on clearing out one of the elements that correlates to your total being. By doing so, clarity will come. This is an overview of these elements and what you will be focusing on each week:

The first week is devoted to the Air Element and together, you and your pen, will clean out the cobwebs in your thoughts.

The second week is devoted to the Element of Water. Through writing, you will allow emotions to be processed to be seen, understood and cleared.

The third week, you will allow your physical body to get grounded based on the Earth Element. You and your journal will address beliefs about your body that no longer serve you.

The four week allows your journal to support connection to your Spirit. By looking at your vibrational self through the Fire Element and your journal, you will elevate your spirit.

The last two days will allow for processing and review as well as how to take your journaling to the next level beyond the 30 days!

Let's Begin!!!! Remember, you can write for hours or moments. The choice is yours. Clients have done this work daily in 5 minutes or less. Others have done this in much greater detail.

Each Day you have three steps to your journaling:

- 1) Each day I give you something to think about first.
- 2) It will be followed by a supporting prompt.
- 3) At the end of each and every entry, you will finish by answering **IN ONE SENTENCE ONLY** my soul wants me to know my (the noun here will be based upon what element of the week you are focused on) and then you will answer that.

By the end of the 30 days, you will quickly and easily have your inner wisdom speak ~ almost before your pen hits the paper ~ it will be guiding your entry for renewed inspiration in your life. This clarity can **ONLY BRING YOU** more joy and abundance!

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Week 1: Clearing out the Cobwebs using your Sacred Soul Journaling

Day 1: Close your Eyes.....Breathe in Deeply....

Scan your life....where are your relationships? How do you feel about your career?
How fulfilled are you, really?

Journal Entry: When I think about my life overall, my thoughts are filled with
_____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 2: Close your Eyes.....Breathe in Deeply....

Feel the air around you.....allow it to float through your head. Scan your
commitments. Who are they to? Do they serve you? What one's can you release?
What can you commit to over the next 30 days to heighten your inner wisdom?

Journal Entry: When I think about my commitments, my thoughts are filled with
_____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 3: Close your Eyes.....Breathe in Deeply....

Scan the rooms in your home. Where do you think there is clutter~ where do
your thoughts stop? What one small area could you clean today~ a draw, a
countertop ~ that would allow for your thoughts to flow with ease?

Journal Entry: When I think about my home, my thoughts are filled with
_____. At the end of your entry, answer this
question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 4: Close your Eyes.....Breathe in Deeply....
observe your thoughts.....consider the “I AM” thoughts that run through your
head....

Journal Entry: When I think about your I AM thoughts, they are filled with
_____. (You may want to write these down
and counter them with a clearer thought. Ie “I am sad” becomes “I am feeling
sad” or “I am okay” becomes “I am Terrific” Experiment with these

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 5: Close your Eyes.....Breathe in Deeply....
Consider what energizes you and what zaps your energy.

Journal Entry: When I think about my energy zappers, my thoughts are filled
with _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 6: Close your Eyes.....Breathe in Deeply....Scan your life....
where are your relationships? How do you feel about your career? How fulfilled
are you, really?

Journal Entry: When I think about my life overall, my thoughts are filled with
_____. At the end of your entry, answer this
question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 7: Close your Eyes.....Breathe in Deeply....Allow the flow of air to go through the crevices of your mind

Think about your life's purpose....do you know what it is? Are you on the journey to fulfilling it? Do you not know what it is? What thoughts are in the way of understanding this

Journal Entry: When I think about my life's purpose, my thoughts are filled with _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Congratulations!!!! You have finished week one ~ you now see how sometimes thoughts hinder progress. Often times, thoughts are inaccurate and stop us from having the courage to step forward. Continue to watch your thoughts and see how different they are from your soul's inner knowing!

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Week 2: Easing Your Emotional Self Using your Sacred Soul Journaling

Day 8: Close your Eyes.....Breathe in Deeply....Feel any area of tension in your body and release it

Consider the turning points in your life.....narrow it down to one or two....how do they make you feel? Is that feeling similar? Where is that feeling showing up in your body.

Journal Entry: When I examine the turning points in my life, I feel

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 9: Close your Eyes.....Breathe in Deeply....Feel any area of tension in your body and release it

Consider the meaning you are giving to the turning points in your life and the feelings that they elicit. What would it feel like to change these?

Journal Entry: When I examine changing the meanings I assign to life events, I feel

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 10: Close your Eyes.....Breathe in Deeply....Feel any area of tension in your body and release it

Consider what or who zaps your energy....how does this make you feel?

Journal Entry: When I examine things in my life that take up too much energy, I feel _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 11: Close your Eyes.....Breathe in Deeply....Feel any area of tension in your body and release it

The way you feel and relate to others is a direct reflection on how you relate to the world. Think about your most important relationship and how it makes you feel.

Journal Entry: When I examine my relationships and how they relate to the beliefs I have of myself, I feel _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 12: Close your Eyes.....Breathe in Deeply....Feel any area of tension in your body and release it

Consider How you feel about the busi-ness of your life

Journal Entry: When I at my life activities and day-to-day schedule, I feel _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 13: Close your Eyes.....Breathe in Deeply....Feel any area of tension in your body and release it

Focus on your blessings in your life? What do you feel gratitude toward?

Journal Entry: When I reflect on my blessings , I feel

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 14: Close your Eyes.....Breathe in Deeply....Feel any area of tension in your body and release it

Consider the questions you ask yourself daily. Do they have a ‘why me’ theme? And a victim energy or do they have an energy that is solution based like “what can I learn from this?”

Journal Entry: The questions that I ask myself daily make me feel

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Congratulations!!!! You have finished week TWO~ you now see how your emotions can trap you into self-sabotaging your life. Yes, we have feelings but they do not define who you are. How you listen to your soul responding to your feelings is the key that sets you free!

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Week 3: Elevating Your Spiritual Self with your Sacred Soul Journaling

Day 15: Close your Eyes.....Breathe in Deeply....Sense your Spirit ~ that part of you which determines at what level you can SOAR!

What are your fears? Consider these and how they hold you back. Naming these allows them to be tamed.

Journal Entry: The fears I have in my life are holding me down because I sense _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 16: Close your Eyes.....Breathe in Deeply....Sense your Spirit ~ that part of you which determines at what level you can SOAR!

Consider how you are inspired by a flame ~ what one risk can you take that can be inspired by this. Risks are everywhere ~ or are they? How does not taking risks deplete your spiritual energy?

Journal Entry: Risks. They are everywhere. Taking action on one risk, I sense will _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 17: Close your Eyes.....Breathe in Deeply....Sense your Spirit ~ that part of you which determines at what level you can SOAR!

What 'shoulds' are you saying to yourself? How often do you say "should" in your mind? How does not acting upon this affect your spirit?

Journal Entry: When I offer self-criticism, I sense that

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 18: Close your Eyes.....Breathe in Deeply....Sense your Spirit ~ that part of you which determines at what level you can SOAR!

Consider that stress exists because we are not present in any given moment. How does it feel to be fully present? What is life like when you act in the moment rather than react to any circumstance of the past or viewing the future?

Journal Entry: When I stay present in my life, I sense

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 19: Close your Eyes.....Breathe in Deeply....Sense your Spirit ~ that part of you which determines at what level you can SOAR!

Think about where you are in life. Do you feel complete? Is there something you would do less of or more of to make it complete? What is on your bucket list?

Journal Entry: When I consider my bucket list, I sense

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 20: Close your Eyes.....Breathe in Deeply....Sense your Spirit ~ that part of you which determines at what level you can SOAR!

Consider yourself capable of flying....what would it feel like to glide through the air? What would it feel like to flap your wings at fully extended and soaring on Air?

Journal Entry: When I examine my own power, I sense

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 21: Close your Eyes.....Breathe in Deeply.....Sense your Spirit ~ that part of you which determines at what level you can SOAR!

Consider what kind of ruts you have created for yourself. Where do you inhibit your creativity? How can you allow your creative juices flow with greater ease?

Journal Entry: When I examine how I limit my creativity, I sense

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

YES!!!! You have finished week THREE~ and are rekindling your connection to your soul! Discovering how you allow creativity to be used in your life and to allow your energy to be uplifted shows you how to elevate your spirit for greater joy and abundance!!!!

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Week 4: Grounding your Physical Self with your Sacred Soul Journaling

Day 22: Close your Eyes.....Breathe in Deeply.....feel your body...it's strength and it's resilience.

Consider how you take the power away from your body with your thoughts and feelings. Think of your body as a tool to do your work.....how would you see it differently?

Journal Entry: When I look at my body as an entity, I see_____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 23: Close your Eyes.....Breathe in Deeply.....feel your body...it's strength and it's resilience.

Consider how you talk to you body....how do you communicate with it? Would you say the things you say to yourself to your best friend about their body?

Journal Entry: When I talk to my body, it's with
_____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

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Day 24: Close your Eyes.....Breathe in Deeply.....feel your body...it's strength and it's resilience.

What does your body say to others? How do you carry yourself? What would it be like if you body walked with confidence and life energy?

Journal Entry: When I use my body to communicate to others it says _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 25: Close your Eyes.....Breathe in Deeply.....feel your body...it's strength and it's resilience.

How do you relate to nature? Do you use it to support you? Have you ever allowed low physical reserves to be filled with it's energetic support? What would that feel like if you did?

Journal Entry: When walking on grass, through a park or hiking in the woods, my body feels and senses _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 26: Close your Eyes.....Breathe in Deeply.....feel your body...it's strength and it's resilience.

Consider that your body is a home for your soul. What can you do with your home to fuel your body? How can you add more power to your 'home for your soul'? It can be with exercise, with nutrition, with creating comfort for it in your home ~ use your imagination.

Journal Entry: When I become more grounded in my physical body, it would feel like _____.

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At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 27: Close your Eyes.....Breathe in Deeply....feel your body...it's strength and it's resilience.

What would it be like to walk with powerful truth? If you feel it, so it will become?

Journal Entry: Because My body is grounded and strong, filled with power and resilience, my future is _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 28: Close your Eyes.....Breathe in Deeply....feel your body...it's strength and it's resilience.

What does your body say to others? How do you carry yourself? What would it be like if you body walked with confidence and life energy?

Journal Entry: When I use my body to communicate to others it says _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

WooHoo ~ you are (almost) Done!!!! You have finished week four~ our bodies are NOT ourselves. They are a home for our soul ~ our inner wisdom. When you allow yourself to see the strength within, you fuel yourself differently and hold yourself differently and grow towards joy and abundance!!!!

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You've traveled 28 days to your sacred soul through journaling. By clearing the cobwebs in your head, easing your emotions, elevating your spirit and grounding your body, listening to your soul is easier. The next two days you can do when ready but they will need a sacred space to complete. This will take a few more than 5 minutes to do....create time and space to devote to this for your soul wants you to hear it's truth!!

Day 29: Close your Eyes.....Breathe in Deeply....Feel the air cleanse your mind.....imagine your emotions being bathed away in a softly flowing bath.....feel a flame ignite your spirit and feel your body as a strong home for your home soul.

Consider your life now with this new perspective. What has it taught you? What do these lessons bring to you?

Journal Entry: My life's lesson have given me _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are:

Day 30: Close your Eyes.....Breathe in Deeply....Feel the air cleanse your mind.....imagine your emotions being bathed away in a softly flowing bath.....feel a flame ignite your spirit and feel your body as a strong home for your home soul.

Consider your future. What is now possible that was not a month ago? What can you understand from your inner wisdom now?

Journal Entry: My future is _____.

At the end of your entry, answer this question with one simple sentence.

My Soul wants me to know my thoughts about this are: