



Rise & Roar

Journalling Prompts to shake things up for the better.



Are you feeling the call for more? Feeling like you are ready to start something new, something fresh or shake things up a bit? Maybe you are realising that there are things that need to change. Or perhaps you're feeling a bit flat - demotivated, disconnected and are struggling to tap into that inner pool of inspiration.

CHANGE IS COMING

Even if you're not feeling it right now. You see if somethings not feeling good for you ... it's not for you. Now is a potent time to press pause, get clarity on what needs to change and take inspired action to move forwards - planting the seeds of new beginnings so you can step into your magic.

And it is magic when we align to our dreams, reconnect to what matters, set intentions from listening to those sparks of the heart and the rumblings of our soul and create from this space. We feel all the feels, get into alignment and take inspired action from this place.

And how we do this is with

Intention & Imagination

When we gift ourselves time and space to dream beyond the current boundaries of our own reality we listen to the part of us that is asking for more.

When we recognise what's no longer serving us, and we consciously chose to move beyond that - we are able to move beyond the part of ourselves we have outgrown. Limiting beliefs and old patterns that served us then ... but do not serve us now are exactly what's holding us back.

The sparks of the heart and that inner pool of inspiration is how we set those wheels in motion to move forwards.



Journaling prompts

What are the sparks and dreams I want to ignite?

What am I feeling called to create?

How can I bring more of what I love into my life, my art & my business everyday?

What would be the impact of that?

Why do my clients need me to keep choosing my dream?

Why do my children and those I love need me to keep choosing the dream?

What is the change you desire to see?

If your dreams had a voice what would they be saying to you right now?

Who or what do you need to say no too?

Who or what are you ready to say yes too?



Let your intuition guide you ...

As I move towards my dreams and imagine them coming true ... how do I feel?

If I dared to dream bigger what would I create?

What's possible when I create from this space?

What am I not giving myself permission to do?

Who am I not giving myself permission to be?

If I was really honest with myself what is it I want to bring more of into my life?

If I embraced change with ease what would I do differently?

If I loved trusted and believed in myself what would I create?

Who do I need to be to do what I want to do?

If I let go of all the fears, doubts and limiting beliefs ... who am I really?

