

Your words have power

Journalling Exercise



Reflect

Start with where you are

Reflection is a simple and powerful tool to gain insight on where change is needed so you can figure out what inspired action is right for you.

Check in with your body and write down the word that best describes how you are feeling right now from the perspective of what needs to change - your current challenge or frustration.

JOURNAL

How does this word feel in your body?

If this word could speak to you what would it be saying right now?

What is the impact of leading your life from this space?

What is the lesson this word has to offer you?

What does this word want you to see, feel, hear and know?

What does it need?



Respond

INSPIRED ACTION

Check in with your body and ask it what it needs?

Breathe in that word - this desired state into the body, long, strong deep breaths

Connect

JOURNAL

How does this word feel in my body?

If that word could speak to you what would it be saying to you right now?

What does this word want you to see, feel, hear and know?

What is the positive impact of this word?

How will taking action from this desired state make a difference?

What are you allowing more of by receiving more of what you need right now?

What are you grateful for?

Notice how this is state already within you - how your body already knows what it needs.

What 3 actions will you take from this space?



Responsibility

MAKE IT HAPPEN

What are you saying no to in order for the desired state to lead?

What are you saying yes to?

What are you committing to moving forwards?

Who do you need to be?

CREATE

Create your daily affirmations using your word

Create your check in question using your word

Create the desired state - what are the aligned actions



Example

If you are feeling EXHAUSTED answer the reflection questions from this state. If the desired state was RESTED answer the reposed questions from here.

Write your daily affirmations to include the desired state ie:

I am rich in rest

I am rested and replenished

It is safe for me to rest

As I rest I am replenishing my creative self

Write the affirmations that feel potent and real for you.

Check in question example - what question feels right for you?

How am I resting and replenishing my Self right now?

What choices will you make this week to make sure you commit to your desired state?

Write down your three actions

What do you need to say no too to make sure the yes's happen

How will you stay accountable?

