

Be the joy

JOURNAL PROMPTS





The journey of self-discovery

As a busy mother, it's tough to find time to process all of our emotions and feelings, but emotions hold powerful secrets. By spending a few minutes each day uncovering them, and honouring them for their message, your life begins to unfold with beautiful possibilities.

Today, I invite you on a 7-day journey to bring your deepest desires to the surface, melt away stress and find time for everything that truly matters to you.

Print this guide, grab a pen and set the timer for 10 minutes daily. Free flow write whatever comes up for you after you read the prompts. Write without judgement. This is a safe space for your explore, listen and tune in to your inner wisdom. It's time to discover what your heart is trying to tell you.

Let's get started, lovely.

Rosey

Transformational Coach for Women Visionaries



Day 1 - Your Powerful Vision

What would be doing right now if you had all that you desire? Create a powerful vision for your most incredible life and write down the details. The more specific, the better because Clarity = Power. Which activities would you take part in? Who would you spend your time with? Where would you be living? What career would you have? How would you feel? Read this vision description weekly.

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Day 2 - What's not working

What activities or tasks are you doing when you feel the most stressed and overwhelmed? Be honest about what's not working and what needs to change. Your emotions are powerful messengers. What are they trying to tell you?

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What needs to shift to allow for more joy and happiness in your life?

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Day 3 - Being in flow

When was the last time you were in the zone where time just seemed to flow effortlessly? What were you doing? How can you allow for more time to do what you love?



Day 4 - Empowering Beliefs

What beliefs are no longer serving you and holding you back from creating the life you so deeply deserve?

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What beliefs could you create that would empower you to take back control of your life?

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Day 5 - Meet your future self

Imagine it's a year from now, and you've achieved all of your biggest goals. What insights would your future self share with you about what you're currently experiencing? What advice would they give you to help you navigate your challenges?

Hey, it's me, your older, wiser, but STILL fabulous future self. Here's what I need you to know...

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A close-up photograph of a person's hands holding a clear glass jar filled with warm white string lights. The lights are glowing, and the person's nails are painted a dark red color. The background is dark with some blurred lights.

Day 6 - Shine a light

Your fears are trying to protect you, but when you shine a light on them, they no longer hold power over you. What scares you about taking time for yourself? What are you afraid will happen if you go for your big dreams?

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What are some examples of this fear being unjustified?

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Day 7 - Embrace your inner child

Inside each of us is our inner child that wants nothing more than to be seen and heard. Today, tune in and listen to what your inner child wants to tell you. What does your inner child need to feel nurtured and safe?

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Bonus - Be unapologetic

Your time matters so very much. It's time to get unapologetic about your desires. What do you need to start giving yourself permission to do more of? What things do you need to give yourself permission to stop doing? Use this list to help you be intentional with how you spend your time and what you give your energy to.

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