



INSPIRED MEDITATIONS

JOURNAL

# THERAPEUTIC

# Journal

Mind-Body-Spirit

Awareness

Subconscious

INSPIRATION



# Journal

INSPIRED MEDITATIONS

## Therapeutic Journal: A Self-Awareness Journey

Welcome to Inspired Meditations!

It is my sincere hope and intention to add value to your life through the art of journaling. I began making significant changes in my own life once I added journaling to my toolbox and I know you will too.

Journaling is for everyone! **The benefits of journaling are limitless.**

If you're on a healing journey, need direction in your life, want to tap into your subconscious mind, connect with yourself. Or maybe you'd like a constructive way to release your thoughts and emotions, you want to activate your creativity, remove blocks, discover solutions, whatever. Journaling is like the one-stop-shop of personal growth and I'm handing you the key to this emporium of enlightenment!

You'll discover **22 days of unique journal prompts** for healing, awareness, and empowerment.

These are no ordinary journal prompts! I designed them to stimulate your subconscious and access deeper parts of yourself.

I believe everyone has what they need within them, they just need to connect with their inner resources. Journaling is the perfect inspiration to awaken your best self!

**How to use this journal:** There's no right or wrong way to journal. Keep an open mind. Answer honestly. Write freely. The first response that comes to mind, is usually the best one. And have fun! 😊

*Awaken Your Best Self*



# DAY 1

**Self-Awareness Sentence Stems (Self-Awareness):** Fill-in-the-blank style. Write whatever comes to mind without overthinking it. Sentence stems like this can provide deeper insight from your subconscious.

**QUESTION #1:** IF I WEREN'T AFRAID, I WOULD...

**QUESTION #2:** I AM SOMEONE WHO...

**QUESTION #3:** EATING HEALTHIER WOULD BE EASIER IF...

**QUESTION #4:** WHEN I'M UNABLE TO SLEEP, I'M THINKING ABOUT...

**QUESTION #5:** I WISH I KNEW...



# DAY 2

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**Springboard:** Write a word associated with a challenge or goal you have right now. Write the word, letter by letter, vertically down the left-hand side of the page and after each letter, write a sentence that starts with that letter. If my word is HEALING. I may begin with **H** "Help myself". Don't think too long on the sentences. Just write!

**H**elp myself

**E**at lovingly

....



# DAY 3

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**What if:** Think back to a major decision you made in your life: **One big decision can alter your entire life.** Now imagine you made a different decision instead. Write about how your life might have unfolded as a result.:



## DAY 4

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**Design a birthday card and draw a picture for your Child Self/Inner Child.**

Choose an age between 2 and 10. What would your Child Self like to hear? Or what kind of picture would they enjoy?



# DAY 5

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## Self-Awareness Questions:

**QUESTION #1:** What challenges are you struggling with at the moment?

**QUESTION #2:** Where will you be in five years from now if you change nothing at all?



## DAY 6

**Self-Awareness Sentence Stems:** Fill-in-the-blank style. Write whatever comes to mind without overthinking it. Sentence stems like this can provide deeper insight from your subconscious.

**QUESTION #1:** ONE THING I ENJOY ABOUT MY MORNING ROUTINE...

**QUESTION #2:** MY LEAST FAVORITE HABIT THAT I HAVE IS... AND WHEN DID THIS HABIT FIRST BEGIN?

**QUESTION #3:** MY FAVORITE HABIT THAT I HAVE IS... AND WHEN DID THIS HABIT FIRST BEGIN?

**QUESTION #4:** A WASTE OF TIME IS...

**QUESTION #5:** I WOULD ENJOY MORE TIME TO...





# DAY 7

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**Shadow Doodle:** The Shadow represents our hidden/"dark side"- the part of ourselves considered "unacceptable", which includes emotions like jealousy, anger, greed, and other negative, needy, or aggressive emotions. Doodle what comes to mind when you think of this part of you. Afterwards, turn the page over and answer What does this drawing mean to you?



# DAY 8

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## Self-Awareness Questions:

**QUESTION #1:** Write about your favorite time of day and why it's your favorite? How does it make you feel? What are you usually doing at this time?

**QUESTION #2:** Design a Dream: If you could dream anything tonight, what would you want to dream of?



## DAY 9

**Mindfulness Practice:** Mindfulness is paying attention on purpose in the present moment. This is a great practice to check in with yourself throughout the day. The following questions will inspire your mindfulness practice.

**QUESTION #1:** WHAT AM I AVOIDING RIGHT NOW? WHY?

**QUESTION #2:** HOW HAVE I BEEN KIND TO MYSELF TODAY?

**QUESTION #3:** WHAT DO I TYPICALLY THINK ABOUT MOST EACH DAY?

**QUESTION #4:** WHAT SENSE IS MOST DOMINANT FOR ME IN THIS MOMENT? TASTE, AUDITORY, TOUCH/SENSATION, SIGHT, OR SMELL?

**QUESTION #5:** WHAT DO I WANT TO DO RIGHT NOW, AND HOW DO I KNOW?



# DAY 10

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## Self-Awareness Questions:

**QUESTION #1:** If you could choose anyone, dead or alive, to be your Mentor or Guide, who would it be, and why?

**QUESTION #2:** Ask your Mentor/Guide about a current problem you face. What wisdom would they share with you?



# DAY 11

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**What's your definition of happiness?** Let's get to the root of happiness. What messages did you receive about a *happy life* when you were a child? Were your parents happy? In what ways was happiness displayed in your childhood home? How do you express happiness now?



## DAY 12

**Perspective Awareness:** Today's prompt involves both the big picture and the small picture. People tend to focus on one or the other, predominantly: Big picture thinkers become easily overwhelmed while the next step gets overlooked. Small picture thinkers only see what's right in front of them and can become distracted or busy with small things, while losing focus on the big picture. This prompt is an exercise in balancing both the big picture and small picture equally. You can do this for any stuck thinking or goal or issue.

**QUESTION #1:** What is my purpose? (Big picture)

**QUESTION #2:** What is something I can do **today** that reflects my purpose? (Small picture)



# DAY 13

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**Intuitive Guidance:** Enhancing your intuition begins with small acts of checking in with your inner guidance system. This is how intuition develops. Testing your "yes's" and "no's" and how they show up for you in your body/sensations, thoughts, emotions.

**QUESTION #1:** What is my "yes"? And how do I know? (Close your eyes and imagine something you'd enthusiastically say "yes" to, What are the signs of "YES" within you?)

**QUESTION #2:** What is my "no"? And how do I know? (Close your eyes and imagine something you'd definitely say "no" to. What does a "NO" feel like for you?)



# DAY 14

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**Dialogue:** Write a dialogue between you and your current issue, emotion, or trigger. You'll write out both parts of the dialogue.





## DAY 15

**Relationships:** Relationships of all types have an impact on our social, emotional, and psychological health. Answer these questions honestly and without overthinking them.

**QUESTION #1:** I FEEL DRAINED AFTER SPENDING TIME WITH...

**QUESTION #2:** I FEEL GOOD AFTER SPENDING TIME WITH...

**QUESTION #3:** HOW DO I FEEL ABOUT MYSELF RIGHT NOW?

**QUESTION #4:** HOW DO YOU DEAL WITH YOUR FEELINGS BEING HURT?

**QUESTION #5:** WHAT STRENGTHS DO YOU BRING TO YOUR RELATIONSHIPS?



# DAY 16

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**Relationships:** Who was your ***first love***? Describe them and/or the relationship.  
What did you learn about love from them?



## DAY 17

**Beliefs:** Our beliefs lie within the subconscious so it's difficult to be consciously aware of them yet they affect nearly everything we do. One way to be more aware of your beliefs is to pay attention to your expectations. Beliefs influence our expectations of nearly everything in our life. And expectations influence outcomes of things in our life from a bad day to our relationships. How do you expect things will go?

**QUESTION #1:** What is something I am looking forward to? And how do I expect it will go? Why do I expect this?

**QUESTION #2:** What is something I'm not looking forward to? And how do I expect it will go? Why do I expect this?



# DAY 18

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**Subconscious Q&A:** Ask yourself a question (something you really want to know).. Perhaps your subconscious already knows the answer! **Free-write in your non-dominant hand** until the page is filled. Turn the paper over if you need more room. Free-writing, without editing or pausing, accesses your subconscious mind.



# DAY 19

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**Write a letter to your body (Be kind):**



## DAY 20

**Fulfillment:** What is success? Have I become the best version of myself? Am I living life on my terms? These are all questions we can ask for greater self-awareness about whether we are living life intentionally or on autopilot. Life on autopilot is a life dictated by how society defines success or being who you've always been, in the eyes of others, instead of growing and defining yourself and your life.

**QUESTION #1:** Success is... Write your personal definition and thoughts of success. Are you successful by your definition?

**QUESTION #2:** Best Self: What is the greatest expression of myself that I would like to be?



# DAY 21

## Emotional Awareness:

**QUESTION #1:** WHEN WAS THE LAST TIME YOU CRIED? AND WHY?

**QUESTION #2:** WHEN WAS THE LAST TIME YOU LAUGHED OUT LOUD? WHAT WAS SO FUNNY?

**QUESTION #3:** WHAT WOULD CREATE MORE PEACE IN YOUR LIFE? HOW DOES PEACE FEEL TO YOU?

**QUESTION #4:** WHAT DO I CARE ABOUT MOST?

**QUESTION #5:** MY LIFE WOULD BE INCOMPLETE WITHOUT...



# DAY 22

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**Objective Self:** Go outside or close to nature for this one! Sit outdoors somewhere, take a deep breath, look around, and notice one thing that catches your attention (a leaf, a cloud, a rock, etc), Now write as if you are that "thing", from the perspective of it, how might it feel, what it's like? Write this journal post as that thing, in the first-person "I"...

I

Now, read what you've written. This gives you an objective glimpse into your inner world and subconscious mind. How you feel...how you relate to the world.





## DAY 22.5 😊

### EXTRA CREDIT

**Problem Solving Technique:** 3 Grounding questions you can ask yourself when facing any problem.

