

Journal Reflection



Reflect

What are some experiences I'd like to create this year?

Acknowledge

What fears or doubts do I have around those things coming into reality?

Loving Care

What part of me might be nervous about these things becoming real, and what does that part need?

Action

What action steps would I need to take to bring these visions into fruition?



Feeling

How will I feel when I bring these things into reality?

Change

How will my life change?

Inspired

What other inspired actions or divine guidance comes through when I infuse this with heart energy?

Open

What else do I know and want to remember?

Journal Reflection

Today I am grateful for these things...

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