

WELLWOMEN JOURNALING

To guide your reflections & manifestations
12 prompts



1

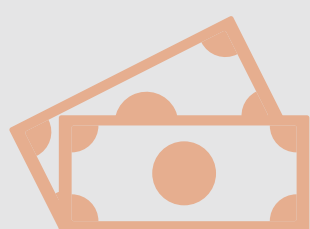
WHEN WAS THE LAST TIME...

I did something for the first time?
What was it? How did it feel?
What's something new I've been wanting to try?
What has been holding me back from doing it?
Breathe in. Time to go finally go do that thing!

2

IF I COULD MAKE MONEY...

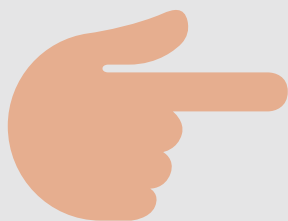
Doing anything in the world (with a guarantee of no failure), what would I do? Why this activity?
What is holding me back from doing this activity as a money-making activity now?
Are these actual limitations or ones I've created?



3

WHAT IS SOMETHING YOU BLAME...

For not being as happy as you could be?
Is this something that you could remove?
If not, what are 3 lessons that this thing is teaching you?
Can you take ownership of your happiness and acknowledge that happiness is created from within?



4

WHAT GIVES YOU ENERGY...

And makes you feel 100% you?
Is this something you can do more of?
Schedule it in.
Why does this thing make you feel so alive and authentic? What has been preventing you from doing more of it up until now?



5

WHAT IS ONE QUALITY YOU LOVE...

Most about yourself?
Why do you love this about you?
How can you share that quality with the world today?
What gets in the way of you sharing this with others?



6

WHAT IS ONE LIMITING BELIEF...

You have about yourself that is weighing on your heart today?
Where did this belief originate from? Do you remember a time from your past?
Repeat after me: "I believe XXX (limiting belief), and that's okay. I love myself unconditionally anyways."
What would be a more loving way to reframe this belief?

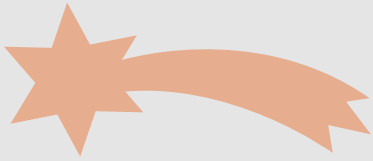


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7

WHAT DO I WANT TO MANIFEST...

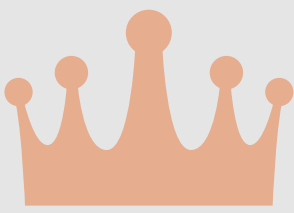


In my life? Is this something that I actually want, or do I want the feeling that I think it'll provide me? How can I bring happiness into my life without **NEEDING** this thing?

Remember: With manifestation, your job is the what and why. The Universe's job is the how and when.

8

WHAT AM I LIKE AS...



The most successful, abundant, fulfilled version of me? What does she look like?

How does she spend her time? What does she believe? How does she make others feel?

What is her energy like?

How can you embody her today?

9

WHAT DOES MASSIVE IMPACT...



Mean to me? Am I thinking locally? Nationally? Globally? Who specifically am I helping?

If I was guaranteed successful impact and the ability to serve the lives of millions doing whatever I want, what would I choose to do?

Would it be my current job or something else?

10

WHAT AM I AFRAID OF...



The most? Am I equally excited and fearful? Am I the main thing getting in my own way of facing this fear?

Remember, there is no failure. It's either what you desire or something better that the Universe has in store for you.

Could you feel the fear and do this thing anyway?

11

WHAT ARE MY PROUDEST...



Accomplishments from the past 6 months?

Have I celebrated myself for these yet?

If not, how can I celebrate these today?

Why were these accomplishments so meaningful to me? Am I being present and grateful for how far I have come?

12

IF A GENIE CAME OUT OF A BOTTLE...

Today and said the following, what would you wish for?

"I grant you unlimited wishes that will last you the next 12 months. You must place your wish order with all items today (and only today). Be very intentional about each wish and why you want it. Then, throughout the year, trust that I will deliver all of your wishes to you when I know that they will best serve you. In order to receive your wishes, I must see that you are not desperately waiting for them in order to be happy. You must instead take aligned action and create your own happiness each day. Can you do that for me?"