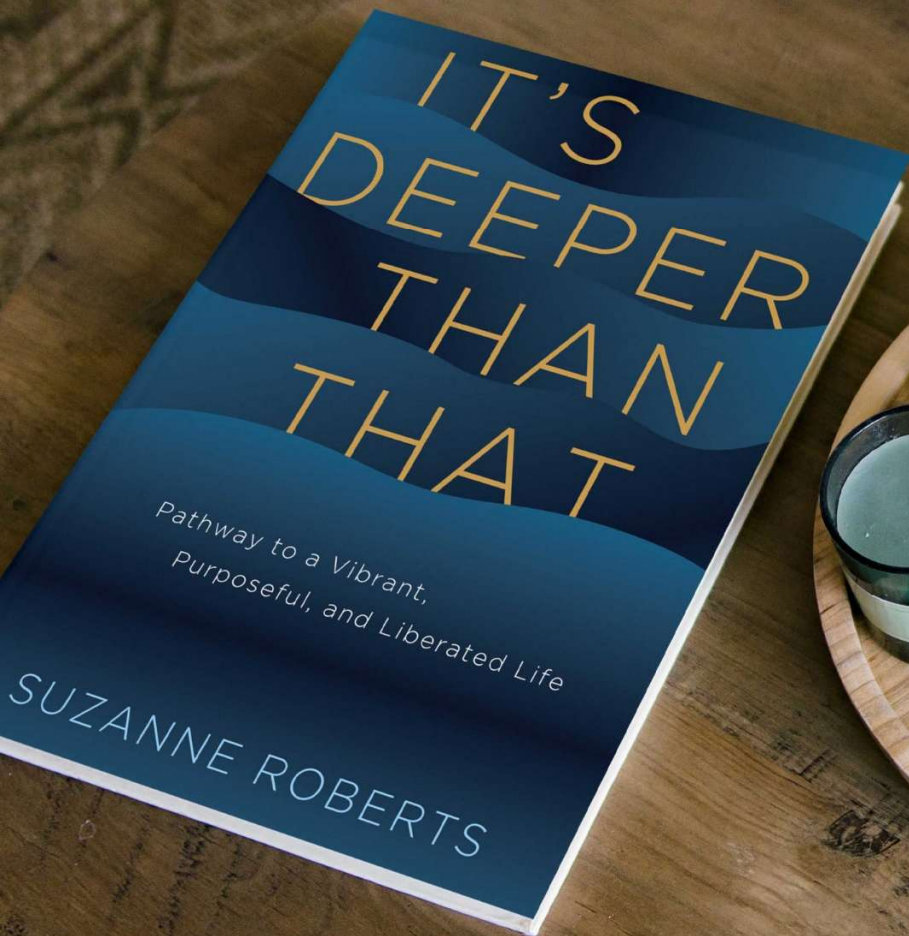


Journaling Reflection Prompts Workbook



Pathway to a Vibrant, Purposeful, Liberated Life



REFLECTION PROMPT

Refer to Page 26 in the book.

***Take time to consider the true source of your life energy.
When you reflect on what animates your aliveness,
what do you discover?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 27 in the book.

***How has your mind treated you poorly?
Consider what it would mean to honor your life as the gift it
is. How does that shift your negative thinking?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 33 in the book.

***You are beginning to treasure the gift of life.
In what ways do you struggle to trust what's inside you
because of external trauma and other factors?
What will you do to build trust with your life's gift?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 37 in the book.

***Think of an experience that has concluded.
When that experience ended, how did your mind
sustain self-limiting or negative thoughts?
How do you now offer yourself grace?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 47 in the book.

***As you learn about the wireless system within you,
what awakens within you?
What do you hope to witness as journey home to your soul?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 51 in the book.

When you claim your birthright of remembering and returning to your soul's radiance, what new perspective do you have?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 52 in the book.

***Accept this invitation to invest in your soul's bank account.
As you choose to return to the vibrant power of your soul,
what more becomes possible for you?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 69 in the book.

***When you redirect your happiness to the power within
instead of relying on external circumstances,
how does your relationship to your own power shift?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 70 in the book.

When you acknowledge that your role is to make your best effort and allow the results to unfold, how does your attitude toward yourself change? In what ways might you grow by moving from seeking perfection to embracing imperfection?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 70 in the book.

Think of a situation where you sought safety outside yourself. How did that external seeking keep you on guard or limit your potential?

What becomes possible when you find safety in your own living energy - your soul?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 71 in the book.

***How have you exhausted yourself trying to belong?
What might open up for you if you discovered belonging
within your own vital force?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 81 in the book.

***How are you uniquely designed to contribute
and live on purpose?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 81 in the book.

***When your identity is no longer rooted in the outside world,
what changes?***

***What if your pre-existing wholeness and holiness could guide
you in knowing who you truly are?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 87 in the book.

***Would you treat others the way you treat yourself?
In what situations do you routinely mistreat yourself?
Where could you offer yourself more kindness and care?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 87 in the book.

What is one way your mind stays stuck in a wounding narrative?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 87 in the book.

What are three ways your mind drains your life energy?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 87 in the book.

Do you recognize when you are reacting?

How does that reacting affect yourself?

Other people?

***What steps can you take to interrupt reactivity and respond
with greater neutrality and care for all?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 97 in the book.

***Are you listening to your soul or your mind?
How do you determine the difference?
What will inspire you to choose your soul more often?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 106 in the book.

Do you long to access the self-renewing energy within you?

Are you willing to seek it there?

What could become possible with consistent access to this self-renewing energy?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 107 in the book.

How do you seek stillness in yourself?

Do you know the difference between stillness and sedation?

What will help you choose stillness over sedation?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 114 in the book.

In what ways do you luxuriate in being alone?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 114 in the book.

***How do you isolate from yourself?
Do you know the difference between aloneness and
isolation? When you notice inner or outer isolation,
how will you return to the resource found in aloneness?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 120 in the book.

As you deepen into your aliveness, how do you sense your place in the interwoven web of life?

Write your reflections below:



REFLECTION PROMPT

Refer to Page 133 in the book.

***What becomes possible when you access
your inner knowing more often?***

Write your reflections below:



REFLECTION PROMPT

Refer to Page 135 in the book.

***How does the vision of Collective Power
and its promise of collective thriving inspire you?***

Write your reflections below: