



Evening “Self-Connection” Journal Questions
(Print & write OR write responses directly into your journal)

Tonight, my body is feeling (list physical sensations, symptoms) ...

I am experiencing emotions of (list positive and negative)...

I am experiencing these feelings & emotions because (describe)...

I wish that I had done the following differently today...

The following fears and/or beliefs affected my actions today...

I know I did my best, and in the future I will do...

I will activate the following truths to support me to act differently...

I'm proud of myself for (list at least 3) ...

Ask for Something Bigger Support “Thank you for guiding and supporting me today. I turn over all my worries and fears to you tonight, trusting that you will take care of them in divine time. I am open to receiving any guidance, support, and healing you have for me as I sleep. Thank you.”