



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

Today, I am grateful for (list at least 3 things) ...

My body is feeling (list physical sensations, symptoms)...

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

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

I’m aware of the following fears and/or limiting beliefs ...

I would like to activate the following truths...

Today, I want, need, desire...

I commit to taking the following inspired actions today...

Ask for Something Bigger Support: “I’m open to receiving all the guidance, support, love you have for me today. Please assist me to release all that could keep me from receiving it, and the courage to hear and follow the guidance. Thank you.”