***Evening “Self-Connection” Journal***

(Print & write OR write responses directly into your journal)

***Date:***

***Tonight, my body is feeling*** *(ex. pain, fatigue, weakness)****…***

***I am experiencing emotions of*** *(ex. anxiety, peace, anger)****…***

***I am experiencing these feelings & emotions because*** *(describe situations, look up in Louise Hay book for clues)****…***

***I wish that I had done/said some things differently today*** *(list)****…***

***I know I did my best, and in the future I will*** *(list****)…***

***I’m aware of the following fears & limiting beliefs AND Truths*** *(ex. I’m not good enough)****…***

***I am proud of the following progress/wins I had today*** *(list at least 3)****…***

***Pray/Ask “Something Bigger”*** *(God, Universe, etc.)**Thank you for guiding and supporting me today. For helping me see the “gifts & lessons” in all experiences I’ve had today because I know that they all happened for me to grow/heal/evolve.**I turn over all my worries, concerns, and fears to you as I sleep tonight, trusting that you will take care of them in divine time. I am open to receiving any guidance & healing you have for me as I sleep tonight. Thank you.“*