

Soul Writing

Journal Prompts to help you get in touch with your inner guide as taught in

Empowered You Course

<http://brendawinkle.com/courses-offered/empowered-you-course/>

by Brenda Winkle

Day 1 – I feel most fulfilled when....

Day 2 – I feel most calm when I...

Day 3 – I feel most happy when...

Day 4 – In my work life, I am most grateful for...

Day 5 – In my home life, I am most grateful for...

Day 6 – Some things I can delegate to someone else or dump from my schedule are... When I don't have those things on my plate, I am going to feel...

Day 7 – Week in review. Read through your previous days of journal entries. What stands out to you? What do the things you are grateful for and the things that

make you feel good have in common? Is there anything getting in your way? If so, what resources do you have that you can call upon for help or guidance?



Week 2

Day 8 – Think about how you spent your time last week. What are you most grateful for?

Day 9 – Today, come up with a list of activities you can do that support your highest values. Don’t worry about HOW you’ll do these things today. Today, just brainstorm them. Mark this page in your journal.

Day 10 – Review your list of activities from yesterday that support your highest values. Which ONE would feel best to schedule

and do it soon? How will you feel when you get to do that activity?

Day 11 – If you knew you were completely supported and guided by the universe, and you are, and knew you couldn’t fail - what would you do? Would there be changes you would make?

Day 12 – Our ego wants us to stay in ego and not reach our highest self (then the ego disappears). Today we begin a subtle shift out of ego by gently assuring ourselves and our ego everything will be ok. This may be uncomfortable, but I assure you – you will be ok. List as many reasons as you can think of about

WHY you deserve to make the changes in your life you’ve started to make. If your ego tells you anything negative, remind yourself, “I can choose again”. This may bring up some emotions and that’s ok. Feeling emotions is the only healthy way through them, and is the path to healing. You are going to be fine. Don’t stop until you have at least 10 reasons why you deserve the changes you are considering making in your life.

Day 13 – Your ego will probably be full of stories today, telling you that you can’t do or have the things you’ve been thinking or dreaming about. We are going to get you

tapped back into your inner guide and intuitive knowing with a meditation followed by free writing. For a guided meditation visit <http://brendawinkle.com/meditations/meditation-intuition>.

Sit up straight, palms up, connecting with which finger (wisdom, patience, intuition, voice) you are guided to connect. Find a song you love or set a timer with a gentle bell for 4 minutes. Connect to your breath – breathing in for 5 and out for 7. When your meditation is complete, begin a free write that starts with “I am most grateful for....” Allow your intuition to guide your writing.

Day 14 – Week in review. Look through last week’s journal entries. What things stand out for you? Is there anything you weren’t aware of before journaling? What can you release today? (Perfectionism? Intolerance with yourself or others? Impatience with yourself or others, etc).



Week 3

Day 15 - Today we are going to tap into gratitude as a transformational spiritual tool. Free write for at least about the things you want to attract more of into your life....love, freedom, patience. Remember the Law of Attraction – like attracts like. By placing your focus on what you want more of... you are activating that universal law.

Day 16 – We focus on you today. Write about all the things you are grateful for about YOU (kind to someone in the store, a loving parent or sibling, a hard worker).

Allow yourself to free write and let your inner guide take you where you need to go. Gratitude for YOU. Don't stop until there are at least 10 things you are grateful for about you.

Day 17 – Sometimes, finding gratitude in the difficult situations seems impossible. Yet, finding gratitude can be a step to the healing for you. You can be grateful for learning a difficult lesson, or being led to people who you really needed to connect with as a result of a difficulty. Consider a difficult situation in your life right now. What are you grateful for within that situation? Let your pen flow

and go where your inner guidance leads you. This might lead you to surprising places, that’s ok.

Day 18 – Today is about simplicity. What simple pleasures are you grateful for today?

Day 19 – Write a letter to yourself today. In this letter, take the time to tell yourself all of the things you are grateful for about you, your life, and your loved one.

Day 20 – Today is a free write day. To get into the place where you can connect with the divine wisdom and your inner guide, we are going to meditate first. Either choose a song you love or set a gentle timer for 4 minutes. Sit so your spine is straight. Place your hands on your knees palm up in order to receive all of the loving energy around you. On the in breath say to yourself “I give love.” Out breath say to yourself “I receive love.”. Once the song ends or the timer chimes, free write for at least five minutes. Let whatever is coming up for you to flow from your pen. Once you are

finished writing, thank yourself for your honesty.

Day 21 – Week in review. Take a look through the last week of your journal entries. What things stand out to you? How are you feeling? Has the past week spurred any divinely inspired thoughts or actions for you?



Week 4

Day 22 - This week’s primary focus will be on forgiving and clearing resentments. Simply by making the choice to forgive, the process has begun. You don’t have to allow yourself to be in a position to be hurt again by forgiving. We don’t forgive for the other person. We forgive to be able to embrace our own healing. Today, we will go deep. Begin writing a letter to yourself. Keep the tone loving by always remembering “I can choose again.” You might choose to begin your letter with “Dear _____,

“Today, I choose to forgive you for....”

Day 23 – Louise Hay, founder of Hay House does a lot of mirror work. It can be transformational. Today, look yourself in the mirror and outloud – say “I love you. You are doing the best that you can. I’m proud of you.” This can be an emotional experience sometimes. If that is the case for you, embrace every single emotion that comes up. Allow yourself to release any emotion by engaging in a free write.

Day 24 – Today, we are going to consider people in your life. Make a list of everyone you are holding any resentment towards. It might be a list of only one or two people. It might be a long list. Either is fine and perfectly normal. Once your list is complete, write a note of forgiveness to each person. If you don't have time to write all the notes you need to write, it's ok. Start with someone for whom you hold much resentment and then make time to write the others. Be gentle with yourself. This can pull a lot of emotion to the surface. Don't

be afraid of the emotion. Only by feeling it can we release it and heal.

The note only need be as long as you feel it needs to be, trust your intuition. You’ll not ever send these notes. However, be sincere and as detailed as you are guided to be. You will be sending this energy of forgiveness into the universe. It will be very real even though the person you are writing to will not ever read these notes. These are for you as a way to facilitate you releasing resentments and anger. Your note might be something like,

“Dear Monty,

Today, I am making the choice to forgive you for hurting me. I am forgiving you because I know that by releasing my anger toward you, I am opening myself up to receive more love from the universe. I am grateful for the experience I had with you. It taught me so much about my own strength. I will continue to choose to forgive you every single day until all of my resentments disappear. I ask Archangel Michael to help me cut any cords of resentment between us with his sword of light. Wishing you love and light.

Love,

Brenda

Day 25 – Yesterday was a big day of forgiveness. How are you feeling today? Do you feel lighter? Can you continue to make the choice to forgive? Who can you send love and light to today?

Day 26 – As we are nearing the first full month of journaling, what changes have manifested in your life? Has the way you look at things changed? Are you feeling more empowered? Are you feeling lighter or free-er?

Day 27 – Today, we set an intention. Intention setting is all about calling in the Law of Attraction as taught by the teachings of Abraham through Esther Hicks. Begin your intention with “I intend to” and then insert something that is on your heart. Be sure to end your intention with “or something better” to allow the universe to bring you the best and brightest gifts.

Day 28 – Month in review. Take a look at your journal entries this month. What stands out to you?

Where have you grown? Where do you still have an opportunity to grow? Be kind and gentle with yourself remembering “I can make a different choice this time.”

If you enjoyed this process you will
LOVE the courses offered on
brendawinkle.com !! Check them
out!

Love and light to you!! ~ Brenda