

PROCESS YOUR PAST & PRESENT
WITH GUIDED QUESTIONS AND INSPIRATION

Soul Journaling

CREATED BY THE RESOURCEFUL MOTHER

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www.theresourcefulmother.com

Sample Pages

Here are some examples of affirmations for turning incorrect beliefs about ourselves around and increasing our confidence:

“I am now seeing things about myself I love.”

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“I am now seeing ways in which I AM important.”

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“I now know I deserve to be loved and am starting to notice others’ love for me.”



Soul Journaling to Coming to Love Myself

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What brings me inner peace? What centers me? How can I be “in the flow” more often?

What fills me up inside? What am I passionate about? What do I have fun doing?

How am I being creative?

When I think about a particular challenge and ask myself “What would love do?”, how would I handle things differently?

Remember:

It is cherishing ourselves that makes us strong, but, unfortunately, many of us were taught that being hard on ourselves makes us strong.

Soul Journaling to Create Abundance

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Each of us has the opportunity to live the life we want - it is one of the laws of the universe. If we keep having the same dream for ourselves, over and over again, we are meant to achieve it. If we follow the steps to loving ourselves, we will find we have the time we need to accomplish our dreams. If we find we are procrastinating, at a subconscious level, we believe that our goals (to accomplish our dream) are too big for us and we need to make them smaller. Each time, we are unable to meet a daily goal, our belief in ourselves diminishes. The way to conquer this is to set a smaller daily goal. Our goals need to be realistic, achievable, specific, measurable and time-limited.

It is extremely important to become clear about what we want; it all begins with holding a vision for ourselves (feeling what it will feel like to achieve it) despite what we see around us at this moment. We need to know we are deserving of achieving that vision for ourselves. This comes about from eliminating incorrect beliefs about ourselves, forgiving ourselves and taking the steps to loving ourselves (earlier journaling topics).

INSPIRATIONAL QUOTE

"When we are thankful for the things that go right in our lives and see our lives as abundant, we find that our energy goes to abundance rather than to scarcity and more goes right in our lives."
Meredith Deasley

What is possible for me?

What are some ways I can create beauty in my life?

What is something I can do right now to feel happy?
