

**JOURNAL PROMPTS TO SPARK THE MAGIC YOU HOLD:
IN HEALING, GROWTH AND MANIFESTING THE LIFE YOU DESIRE**

Written by Contributing Writer: Alana Eastling

Let go to
LET LOVE

I accept the healing process is a non linear journey.
I will practice patience and compassion, for myself and for others.

What do I need to process and heal from this past year to move forward?
How will I carry the lessons I learned from last year into this new year?
By letting go of _____, I create space for _____.

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Dream big by
STARTING SMALL

I speak my manifestations as if they are already truth.
The universe is in my favor and guiding me to where I am meant to go.

What is my word of focus for this year?

What mantra will I hold close to my heart?

In a year's time, I hope to be most proud of _____.

What first steps can I take towards this intention?

How could I carry myself differently, as if all my manifestations were already so?

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Stimulation for
THE SOUL

Energy flows where attention grows.

I will surround myself in meaningful impressions to encourage growth towards my best self.

Who are my role models and what characteristics do they hold that I admire?

How can I develop those same characteristics within myself?

What media (books, blogs, podcasts, shows, documentaries, etc.)

can I consume to inspire and elevate me towards my highest self?

What communities can I engage in that align with my intentions and
allow exploration of my life's purpose?