

**JOURNAL PROMPTS TO EMBRACE CHANGE AS AN OPPORTUNITY FOR
GROWTH AND IGNITE THE MAGIC YOU HOLD WITHIN YOUR SPIRIT**

Written by Contributing Writer: Alana Eastling

EXPLORE

My journey thus far has brought me to my present best self. I honor the visions in my heart, mind and soul for the expansion towards my best self ahead.

Can I acknowledge all that I have to be grateful for? List any and every gratitude that comes to mind.

If the universe asked about my dreams and heart's desire, how would I respond?

What are my intentions for bringing these dreams to fruition?

How will achieving these goals benefit me and those around me?

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MANIFEST

**My divine has planted seeds of desire within my intuition.
I am listening and willing to garden them with care.**

What components of this journey towards my dreams are within my control?

What first steps in this process can I implement into my day to day patterns?

How and why do I commit to showing up for myself?

What mantra can I embody to stay engaged with my goals?

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RELEASE

With an open heart, I embrace all possibilities that may unfold and
cherish the whispers the universe sends my way.

What am I hoping to gain in the process of pursuing my dreams?

What unexpected opportunities were unveiled in the face of my past hardships?

Can I recall past examples of the universe sending me signs that I am on the right path?

How and why will I commit to practicing patience in trusting the process?