

JOURNAL PROMPTS DURING LIFE'S WAVES OF CHANGE

Written by Contributing Writer: Alana Eastling

Strength in
VULNERABILITY

I am worthy of showing up as my true self in all space.

In each obstacle I have overcome, where have I drawn my source of strength?

Who in my support circle can I lean on to lift me higher in times of struggle?

What truths about myself do I commit to in all chapters of my life?

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Power of
INTENTION

Speaking my intentions with clarity starts a dialogue with the universe and her magic.

What do I desire most in this new chapter of life?

How can I practice better listening to my intuition?

What fears are holding me back & how can I work towards letting them go?

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Freedom to
FLY

The silver lining in this transition will unfold itself as I deepen my awareness of each gratitude, no blessing too big or too small.

What am I most grateful for?

In myself, my community, my environment, my story?

How can I embrace this shift as a catalyst for my new narrative?