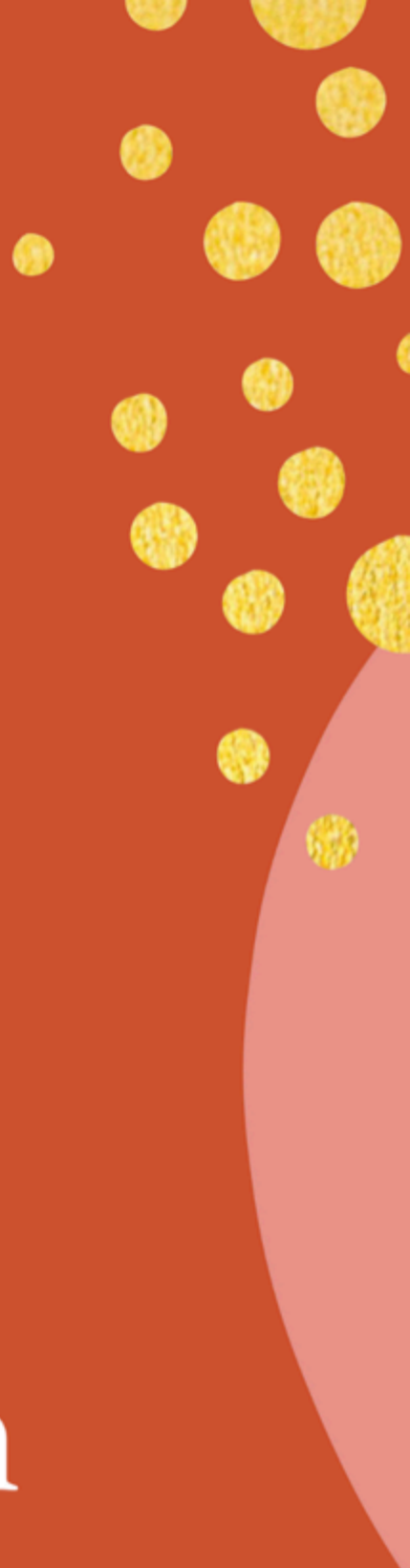




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The
Journaling
Compendium

AMIE MCNEE



The Journaling Compendium

By Amie McNee.

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Sharing my work

Thirty One Days of journaling.
An introduction to the power of words.

Welcome to The journaling Compendium. I'm so glad you're here. I cannot wait to stand by your side over the next thirty one days as you excavate your soul, let the words pour out onto the page and dive deep into the magic that is You.

Let me start off by saying this: there is no right way to journal. Your way of putting your stories and thoughts onto the page is going to look different to everyone else's. Allow yourself to bend the rules and try new things. Rebel. Always. The prompts I offer are merely a guide to spark something within you. You can go on as many tangents as your heart desires. In fact, I encourage tangents.

In this Compendium, we are going to explore a topic or a theme each day. I've taken these topics from my own journals and looked at the way I have unpacked my stories, dissected them, called them bullshit and left them on the page. Then I've looked at the way I've rebuilt my stories, line by line, day by day. I've looked at how I have taken those words with me into my life and how they fucking glisten on my skin, like Tinkerbell has worked her magic all over me and I'm floating two feet above the floor.

Each day, we are going to have a prompt. If the prompt speaks to you, run with it, follow your heart, unpack it all, dive deep. If you need a little more encouragement, I have expanded on the prompt, looked at further questions to consider and examined how I personally dealt with the subject. I sometimes include extracts from my own journals, so you can look at how I went about investigating the prompt for myself. Reading and contemplating my own journal extracts might help prompt feelings of your own, or you might be able to recognise how you actively disagree with the way I've approached it.

I want this book to be a light, guiding you inward. I want this Compendium to be the torchbearer into the depths of your soul. This is the beginning of a revolution, a rebirth, a total rewiring and remaking of the way you see and treat yourself.

I want to start by giving you a small insight into my journey with journaling. The practise changed my life. When I started to journal, I was in a six year long depressive episode fostering beliefs about myself as an artist and as a human that were deeply detrimental to my mental health. I had imprisoned myself in a cage of my own stories and for a very, very long

time, I saw absolutely no escape route. When I started to journal, I had just lost my job at a cafe and I was spending my days trawling through job searching sites, trying to see myself fitting in at a marketing firm, as an executive assistant, in sales. My book was getting rejected left right and centre from publishing houses and my job applications were getting rejected at a similar pace. I felt totally worthless. There was not a single day where I didn't completely melt down. *Julia Cameron's The Artist's Way* had been sitting on my desk, unread for months and months but in that darkness, Julia's book called to me. I picked it up and began reading. *The Artist's Way* asks you to journal. Every day. And so my journey began.

My life did a total 180 because I began this journaling practise. It's going to change your life too.

As I wrote every morning, two things happened. Firstly, I started witnessing the way I was talking to myself and treating myself. I was able to take a few steps back from the incessant chat within my head and I could see the stories I was telling myself. Secondly, a new voice appeared on the page, a voice I had not heard before. She was aligned, kind, motherly and magic.

A few things I believed about myself, that journaling helped me to dismantle:

- 1) The fact that I wanted to make money off my art, and not work in an office made me lazy, child like, deluded and a fool.
- 2) Nobody wanted me as a muggle, and no one wanted my art - therefore I was useless.
- 3) There was nothing for me to do in this world, I was an anomaly.
- 4) I was inherently lazy.
- 5) That I was spoilt, selfish and entitled for wanting to create my art.

As I journaled, these stories started to reveal themselves as just that, stories. I was able to realise that these stories I told myself a hundred times a day, these stories that I thought were apart of myself, were not true. My inner critic had full reign of my internal world, and she wasn't even telling the truth. Through Journaling, I separated myself from the bullshit, and saw myself for who I really was.

Before we begin the prompts, I'm going to talk about how we can make sure that these pages lift you up and support your ascension. I want to make sure that this practise is

sustainable and life giving. So before we begin we are going to look at some of the common pitfalls and sensitive areas journaling, including shame, trauma and anxiety. Then we are going to touch on how to mother ourselves, how to future journal, use affirmations and meditate on our smallness. Finally, we look at resistance. What stops you from journaling? We are not going to let anything get in the way between you, the pages and your most full, magical self.

I would be honoured to join you on your journey. Please tag me on instagram, direct message me, or email me, I would absolutely love to witness you as you journal.

SHAME

It's important to discuss shame before we dive into our practise. journaling has a very specific and potent power over the shame we carry in our lives, but we must learn to own the shame as we chronicle, not let the shame own us.

Dr Brene Brown, shame researcher and author of several bestselling novels including *Daring Greatly*, says that when we speak the things we are ashamed about they lose their power: *"Shame hates it when we reach out and tell our story. It hates having words wrapped around it. It can't survive being shared. Shame loves secrecy."* When we speak our shame (yes, that shame, the thing you can't even talk about, think about, look at directly in the eye) it loses its hold over us. It is not easy, but this is the kind of stuff we want to put in our journal, we want to start talking about the things that hold us captive.

A few of my own personal shame topics that journaling helped me unpack:

- My physical health. I have shame around my health, my physical body and the things it's been through and goes through. I've been taught that discussing my body and my health is not proper. It is never to be discussed publicly. I reverse this bullshit story by talking about my body, and how it functions and malfunctions in my journal. The more I talk about it in my journal, the easier it is for me to talk about in real life. I get comfy with the subject on the pages and that translates into real life.

- Sex. Female masturbation. Sexuality. Writing about sex allowed me to unpack millennia of cultural conditioning that meant that I felt shame about it. I wrapped words around one of our biggest social taboos, and by doing so I got my power back. I still have work to do on this, and I still go to the pages when I feel any sort of shame over sexuality. Still as I type the phrase female masturbation, I'm like ... ew. So I write about it more and more, fuck shame. Talk about whatever makes you shiver with icky.
- Money. This is a common one. Write it out. When I started journaling, I had thousands and thousands of dollars worth of credit card debt and I couldn't even look

at it, let alone speak about it. At one point I was paying my rent on credit and I didn't tell a soul. Shame kept me quiet. Writing about it in my journal allowed me to take ownership of my situation. This is why we journal. The more I wrote about my money shame, the situation stopped owning me and I owned my situation. I was able to face my shame about money and deal with the situation in real life.

We get to own our own experiences through the power of the pen and the word. They don't own us anymore. They do not get to keep us small. I accept ownership of my money, my body and my sexuality. I own all those parts of myself now. journaling gave me the courage to wrap words around my shame.

So as we go through each prompt, I want you to make a conscious effort to face the things that you are trying mighty hard not to face. Shame drags on us. It hijacks our stories with lies about who we are. journaling honestly and with kindness will help you break out of these stories.

TRAUMA.

It is important to note that for some of us, when we do this work, we will face past or occurring traumas. If you choose to address trauma in your journaling, make sure that you have support as you tackle dark times and relive things that maybe haven't been relived or addressed before.

Support can look like therapy, or any type of mental health professional. It might be telling someone close to you that you plan on addressing a certain topic in your pages, and that you will need their support, or at least need them to be aware of what you are choosing to do.

journaling is something we do on our own but our healing and growth often needs external support to supplement our internal healing. Reach out. Send a text to a friend explaining that you're about to do thirty one days of deep excavation and ask them whether it would be okay if you ring them whenever something feels overwhelming. If you don't have anyone, and you're not able to access a mental health professional, you are always welcome to message me. I will endeavour to get back to you as soon as I possibly can.

Dr Mathew Tull writes about how recent research has shown that journaling can help people with PTSD and bad anxiety that stems from trauma. He recommends detailing traumatic events and recording your feelings from that time, and the way it has affected you since. Give your trauma to the pages, and allow yourself to own your story. If you want more information on how journaling can help individuals with PTSD or trauma related mental health issue, you can click here:

<https://www.verywellmind.com/how-to-use-journaling-to-cope-with-ptsd-2797594>

If you would like a peer-reviewed article looking at 'writing therapy' and it's affect on trauma, you can take a look at this paper.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3505408/>

If you are not ready to tackle your trauma on the pages yet, that's okay. I repeat - that is

okay.

I am not forcing you to unpack anything, there is no pressure, take your time, and most importantly take care of yourself.

STRESSING ON THE PAGES.

I have learnt that I often use the pages to appease my cerebral, intellectual and controlling ego. When I let my ego hold the pen the entire time, I leave my pages in a worse state than when I started. The issue is this: a big part of me wants to use journaling as a way to control the worries in my life. I want to dive into my anxieties, unpick them, lay them bare on the page, dissect them and examine them. I often feel like if I don't lay out my anxieties, worries, or big to do lists on the page, then I am not in control of them.

My worry is that if I don't write out my anxieties in detail, they're going to catch up with me and bite me on my booty. "If I don't go over and obsess about that conversation I had yesterday, something bad will happen." Or "If I don't write down all my stress about my finances then I will never think about my finances again and I will lose control, and lose all my money and end up bankrupt." We so often equate stressing with care. If I care about something I must stress about it. If I care about my business, I must stress about it. If I don't stress, perhaps I won't feel any pressure to do anything, and then I will never do anything for my business ever again! This story can feel really true, but with some investigation, it reveals itself as completely non-sensical. Stress doesn't equal control. Stress doesn't equal care.

Stress equals stress.

I'm not saying that your stresses don't belong in your journaling, your pages are a place for anything on your heart. We just need to find a way to balance out this energy. So that when you find yourself trying to control the uncontrollable, when you're immobilised by anxieties, or you're getting drowned in your to do list, you have ways of coping and realigning.

If you have a tendency to be overwhelmed by stress, I recommend that over the next thirty one days you keep your journal a *to-do-list free zone*. Keep it clear of practical organising and calendar work. Instead, when life gets overwhelming, Mother yourself, let yourself off the hook, give yourself permission to say no. Realise that you always have choices and treat yourself with unconditional empathy and love. The journal should always be a place to dream and manifest the future you desire but it is not a place to berate yourself for all the tasks you haven't achieved. For example, you might write about how good it will

feel to hold that finished book in your hands or to finish recording that podcast. Don't write about how terrible you are for not achieving those things yet, and don't write down your weekday writing schedule. Put that in the calendar.

Over the next few chapters we are going to look at ways to counteract stresses, anxieties and trauma.

MOTHERING YOURSELF.

The comments I get the most from others about journaling look something like this: *I feel shit after journaling. I'm horrible to myself on the pages. I write down why I'm shit and not enough and then I leave the page feeling even worse than when I started.*

One of the biggest challenges of journaling is when we write about our problems and, instead of giving them over to a greater power, instead of letting the pages take care of them, we dive deeper and deeper into our anxieties, depression and worries. When we do that, we can leave the page in a far worse state than when we started. It happens to me. Every few months I write myself into a bad mood, hurt my own feelings or make myself cry. The way I deal with the heaviness and sadness, anxiety and depression that shows up on my pages is by Mothering myself.

Let me explain - I've written a heavy, hard entry. It's painful. I've hurt my feelings. I'm IN IT. It's dark as fuck. I'm feeling low. What does 'Mothering myself' out of this bad space look like?

Here's an example from one of my journals:

*I'm in pain. I'm very .. *My writing trails off**

You are doing so well. Truly. So much better than you think. This isn't easy. You are doing so so well. Deep breath. We need to surrender. Today, surrendering can look like taking a deep breath, and letting your shoulders slink back down your back. You're allowed to be angry and annoyed, you're allowed to take time for yourself. You're allowed to cancel on things today that don't serve you. Take the time you need today. We trust divine timing. There is no rush. You are a magnet for synchronicity, can't you feel that power growing? Trust. Surrender. Trust. Surrender.

Mothering myself is self soothing. It's taking myself into my arms and giving myself a hug. It's like talking to a child who has just absolutely lost their shit. I coddle myself.

Sometimes I like to actually envision talking to a five year old version of myself. I get down to her level. I wrap her up in a blanket and I speak softly to her. She is allowed to do whatever she wants in order to find equilibrium. She has a free pass. She can quit on things if she wants. She can cry. She can get angry. Whatever she needs I give her permission for. I witness her pain and let her be upset.

If I am still feeling low, I continue this practise. I paint pictures using words that comfort me. I remind myself of past holidays that brought me joy. It's nostalgia. It's noticing the little miracles around me. It's day dreaming. It's a little bit of fantasy and it brings me deep peace.

For example:

The birds are singing their songs and they're so nostalgic. They are the background symphony to my pages. I will take another deep breath and I connect to my past, to all that I love. My muggle mind went for a run just then but I return to my breath.

I indulge myself in the memories of going to France in the summer, with the castles that perch themselves above the river. I see glimpses of an unknown Christmas from my past or my future, I don't know. There are softly blurred fairy lights and fires. I day dream about future champagnes and reading books with carols on in the background.

If I am anxious about the day that is about to happen, I like to tell my inner child how we are going to handle it. I lay it out really gently, and cuddle myself as we talk about what we will get up to.

For example:

It's okay. Deep breaths. We will take today slowly, and we will have multiple big cups of tea. Put on my big fluffy jumper and stay close to myself. All is well. Once you get home tonight, you can have a shower, get cozy and watch a movie with a glass of wine. I know it's a big day, but tonight we will celebrate. All is well. All is well. All is well. Breathe.

As I looked through my journal to research this part of my practise, I realised that I've 'mothered myself' nearly every single day since I started this practise, even on my good days. It might seem a little much to you, and that's okay. I would still encourage you to incorporate it into your journaling and see how it feels after a few weeks of practise. You might feel like you have to force it, or it feels disingenuous, but you deserve kindness, softness, gentleness. And so, I encourage you to find some way to treat yourself like this. Throughout the prompts, I will encourage you repeatedly speak to yourself in this way. Remember you always have the option to deploy the Mother!

The way I Mother myself might not be the way you Mother yourself. So, please feel free to experiment with what works for you. It is really important that you figure out how you self soothe. We need a way to bring ourselves back to alignment, and back to a stable centre after we've spent pages dealing with the heaviness.

FUTURE JOURNALING

This is another method of bringing ourselves back into alignment within a journaling session. There is a designated prompt to play with future journaling, but I wanted to talk about this method before we begin because it is such a good technique to use in difficult journaling sessions.

What is it?

Future journaling is when you write your journals as your future self.

You write as your beautiful, fully realised, future self. You write as though you are all that you envision for yourself in the future. No anxiety, no depression, sure of yourself, working on your healing. You have strong boundaries, and the opinions of others wash off your back because you know it's about them not about you.

We write as that person.

Here is an example of my own future journaling:

I am aligned, with a deep connection to my centre, I am not rattled by loud noises, or by a change of plans. I am always steady in those moments. I continually assert my boundaries, and I never waver on them. When my friend asks to call me, I tell her that we cannot speak on the phone at the moment, but we may text. When she gets annoyed at that, I explain to her why it is important to me, and I stand my ground. I know that her opinion of me is based on her issues, not my own, and therefore it does not affect me.

Within that journaling piece, I am dealing with a situation that would normally trigger panic. Normally, it would mean that my journaling becomes anxious and stressed out. Instead I bring my future, idealised self into the present moment and I deal with the situation peacefully.

It might feel really uncomfortable to write something like this. You might feel that what

you are writing is untrue, but by utilising the present tense when we journal we are destroying our limited beliefs about ourselves and we are bringing in change. We are creating a new version of ourselves. Dr Nicole Lepera, @the.holistic.psychologist on instagram, has lots of resources on this type of journaling. If this way of journaling aligns with you, go follow her and investigate all that she has to offer.

Dr Lepera suggests that future-self-journaling be about your mental, spiritual and emotional life, but if you wanted to play around with bringing in tangible things into your life, you could try that too. Start dreaming.

For example:

I assert my boundaries. I journal every day. I take intuitive risks in my business, and I am led by my gut in all my artistic choices. My art speaks for itself, and connects to many. I show up every day and allow my art to do the work. I bring in an abundance of money, because of the art I create. I enjoy my money. I am going on holidays to Italy, and I am going to swan around Rome drinking red wine and eating pasta, because my art allowed me to get here. I am so proud of myself.

You could go hard here, really lay out the picture of you in Rome, or you in your new studio. Detail all the wonders that you wish to bring about in your future.

You can use future journaling at any time over the next thirty one days. I personally use it to finish off a journaling session that has gotten me bogged down into the stresses of the present moment.

AFFIRMATION WORK

Affirmations are positive statements that we can use in our journals to help reprogram our limited beliefs about ourselves. Personally, affirmations have allowed me to get a handle on my inner critic. They're different from future journaling, because they tend to be short, sharp sentences.

Affirmations gives people the heebie-jeebies. Similar to future journaling, I am aware that a lot of people find affirmation work icky. They feel like they're lying to themselves. They feel like an idiot for saying something that feels so untrue. And if it doesn't work for you, that's totally okay. But it is another useful, meditative tool to use within your journaling. If you feel resistance initially, I encourage you to persist with the practise for a little while and see where it takes you.

For me, I use affirmations to directly counteract limiting beliefs about myself. They're a way of fighting my inner critic and bringing me back to my centre.

You don't have to believe them at the start. You can think that they are lies. You can think they're ridiculous but the more resistance you have to them, the more I encourage you to play with them.

If you have limiting beliefs that look like this:

- Everyone hates me.
- I am unwanted and useless.
- I am unsuccessful.

We combat these core negative beliefs with affirmations. This is Spell work. We are Spellcasting. We are using our words to transform our pain into light.

Let's turn those limiting beliefs into affirmations:

- I am loveable.

- I am enough.
- I am here to create and I have so much to give.
- I am moving towards everything I ever wanted.

You can use affirmation work in your journal by simply repeating your favourite affirmation, or you can meditate on one and really talk about it at length. You can take them outside of the pages and put them all over your home, or you can whisper them before you go to bed. Whatever you choose, you will be changing the way you are programmed, breaking down bullshit and rebuilding.

Personally, I choose to litter them throughout my journaling. They bring me back to my centre when I feel pissed off, sad, or bogged down in inner critic chit chat. Affirmations are guideposts to help me find joy in the darkness.

These are a few of my favourite:

- The world is a school for endless learning.
- All that I desire is on its way.
- I am enough.
- I do not need to earn rest.
- There is a divine plan of goodness for my work.
- I am allowed to nurture my inner artist.
- I am allowed to go slow.
- I go slow.
- I am light.
- I am a leader.
- I am a torchbearer.
- I am a rebel.
- I break rules.
- I know who I am.
- I do not let others' opinions distract me.
- I know myself.
- I am powerful.

I give these to you, please take the ones that resonate.

If none of these speak to you, play around on the pages one day. Find things that fuel you and pay attention to the ones you are so determined not to believe (they're often the ones you need the most).

MEDITATING ON HOW DAMN SMALL WE ARE.

On your pages, we want to give space for your desires, for your healing and for your pain. There is room for your bitching. There is room for you focussing in on those tiny little things that make you annoyed. There is ample room for first world problems. We want to make space for the TINY. You're allowed to be annoyed about how your bed sheets are that tiny bit too small, so they keep springing off (me right now wtf) but we also want to give room for remembering how big, expansive and almost silly the world is. I want to 'pale blue dot' your journals.

This youtube video helps me sink into this perspective:

<https://www.youtube.com/watch?v=EWPFmdAWRZ0>

Find time to watch it. But if you aren't able, I'll try and give you the picture. Imagine a bird's-eye view of yourself sitting in a chair your room. Then zoom out. Imagine the house. Now the street, the town, the state, the country, the continent. Now the whole Earth. Now the solar system. Don't stop there. Let your mind sweep you away until you're looking at the galaxy. That swirling mass of stars, planets, quasars, black holes, asteroids, and celestial bodies we have no name for. Now go again. I you can zoom out until you see the entire Universe. It will look different to each of you. It's something so massive that our brain can't even comprehend it. Ask yourself, in whatever image you've constructed: where's Earth? Where's the continent you live on? Where's the country or the town or the street or the room. Where's the chair that contains you?

Think about just how tiny and inconsequential we are. What do you feel in that moment? As you search the Universe for you? Fear? Joy? Freedom? Something you can't quite explain? Sometimes it really benefits us to zoom out, sit back and witness our insignificance.

These thoughts can really challenge us. I know when people used to tell me to focus on how insignificant I am, I used to hate it. What do you mean I'm not important? What do you mean the things I do don't matter? But that's not what this is about. When we focus on the smallness of life, we give ourselves permission to dream big. The stories you're telling

yourself that are holding you back? They don't matter. The thousands of reasons you shouldn't live the life of your dreams look like little specks next to the macro story of the Universe.

Think about it like this: We are letting the minuscule get in the way of magic and lightning. There is nothing holding you back from living the life you desire. Nothing real, at least. That obligation you think you're beholden to? It's a tiny speck. That fear you have that's blocking you? What is it in the face of the glorious multitudes of the universe?

I don't choose to view my life through this lens all the time, but sometimes it is necessary.

Here is an example of how I talk to myself with this perspective:

Baby, I love you, I want you to make incredible things and do what you love, but what we do, it doesn't really matter. None of this really matters, it's time to play in this strange play ground, it's time to realise how un-important we are, and let go of all the seriousness and make cool shit. Go deep inside our soul, where the big magic is at play. None of this really matters. All my worries are the tiniest dust moats in the magnitude of the cosmos. I am one small soul in a world of seven billion other souls. Where 100 billion souls have lived, and had problems exactly like this. I zoom out. I bask In my insignificance and realise it gives me a great power, to do whatever I want.

If we get stuck in a hard place when we journal, if we feel bogged down by the stressful small things, I recommend meditating on how damn small we are. Give yourself space on the page to take a few (billion) steps backward, and allow yourself the space and relief that comes with recognising our littleness. Give it a go after a stressful day, or a difficult prompt and see if it resonates with you.

RESISTANCE TO THE PRACTISE.

journaling every day is a habit and habits are hard to make. So be gentle on yourself as you make room for this practise in your life. Set aside a time each day for you to do it. For me, the morning is best. I find it sets me up for the day, but you have to make this work for you. So if it is later in the day, do it! If it's just before bed, do it!

When it's journaling time and you start feeling all those 'Eh not today' feelings, I want you to remember that you made a promise to do this. I want you to remember that you're the sort of person who journals every day. You're the sort of person who journals even when you're tired. You're the sort of person who journals even when your kids are being a pain. You're the sort of person who keeps promises that you make to yourself. So you're going to show up. And if you missed a day, you're the sort of person who gets back on the wagon. You show up, even when you've fucked up. This practise does not require perfection, it requires doing the best you can.

If you are feeling resistance because the pages hurt, I see you. I know this feeling. If you're finding yourself hard to face, if the words on the page are hurting your feelings and your inner critic is not letting anyone else hold then pen - I want you to go back to these initial chapters of the Compendium. Could Mothering yourself, affirmations, future journaling or meditating on just how damn small you are - help ease some of this pain? The pages are a place to unpack things that hurt but more importantly they're a place to take care of yourself. Return to this gentle, soft way of speaking to yourself and practise self soothing through the pages. The pages are first and foremost a refuge for you, not a place of pain.

If you're feeling resistance because you fear that someone is going to read your pages, or because you have had a betrayal of trust in the past with your journals, I want you to know that I see you and I can only imagine how very difficult it must be to return to the pages. I am in awe of you for choosing to commit to this practise. It is not easy to trust after such a breach.

If it helps, destroy your pages after you've written them. Rip them up, burn them. Write them on the computer and then delete them. Whatever it takes. You deserve to reconnect to yourself, don't let the brokenness of other people and the fear of other people's betrayal stop

you from coming home to yourself.

If you're feeling resistance because you just don't have anything else to say, I want you to stay calm. So you've read the prompt, you've written a few lines and now you don't know what else to say. Deep breath. You are endless. You are endless. There are no limits to you.

If you find yourself stuck, I want you to write about your stuck-ness. Talk about how frustrated it makes you feel, or if it leaves you feeling sad, or angry, just write down all the thoughts in your mind and dump it onto the page. Follow the bread crumbs, get curious. Why do I feel that way? What is that emotion? How can I soothe myself here? How can I unpack that story? Is that story true? You do not have to answer the prompt each day; if your mind takes you on a run in a totally different direction, including the 'I don't have any thing to say' direction, follow it.

If you're feeling resistance because you feel the pages are not making any difference, I want to ask you to persevere. I want you to acknowledge that this resistance could be a form of self sabotage. A form of avoidance. A subconscious desire not to break free of the bonds that bind you. A desire to stay small. I want you to investigate whether you are scared of the process of excavating your soul. Do you have a desire to stay stagnant because it feels safe? I want you to ask yourself where this resistance is rooted. Then, honestly and without judgement, investigate.

If you feel like you've honestly answered those questions and you're still not feeling like the pages are shifting you or having an impact, I am still going to ask you to finish the thirty one days. This practise is not a quick fix. It is an adjustment. And initially, it does take a commitment.

Stay the course.

Let's begin.

Prompt One: What takes energy out? What brings energy in?

We are going to start off this thirty one days of journaling with a real juicy prompt.

What brings you energy? What takes energy away from you?

What fills your cup? What drains your cup?

I recommend starting with energy out. Ask yourself, why does this *energy out* activity or thought take your energy? What about it makes you feel tired? How often do you have to do it? Can you do less of it in your life? Get curious. Ask lots of questions.

Then move onto energy in. Detail it all, roll around in all the fulfilling things. How often do you do them? How can you use them to your advantage? How can you bring more in?

If your writing takes you on a tangent follow it.

These prompts are here to begin your journey. If you start journaling about how your best friend is an *energy out* friend and your pen starts writing about how hard that is and why that is, follow that path, unpack what is asking to be unpacked.

We never want the prompts to hold the pages hostage. The idea is to kick things off, then let the ink flow where it may.

Here are some examples of my own *energy in* and *energy out* things. (Note: I do not want you to write these as a list, rather as a stream of conscious journal entry.)

Energy out:

- *Sharing vulnerably and not having people understand or respond.*
- *When I am planning logistics in my day.*
- *The feeling when I don't have anything impending to do, but technically do have lots to do.*
- *Any sudden loud noise that gives me a fright.*
- *Dealing with my body and mind when I am sick.*
- *Thinking about the texts and emails I haven't replied to.*
- *When people do a follow up email or text because I haven't gotten back to them.*
- *The thought of not getting anything done.*

Extra tip: It is important to make the distinction between the action itself and thinking about the action. For example: thinking about the emails I haven't replied to is much much worse than actually just replying. I am losing energy thinking about something, not doing something. Don't judge the realisation, just acknowledge it.

Energy in:

- *Driving with loud music.*
- *Listening to soft music and stretching.*
- *journaling.*
- *Going to the plant nursery.*
- *Walking with a podcast or audio book.*
- *Talking with my husband.*
- *Being by myself and doing whatever I want.*
- *Crying.*
- *When I am lifting well at the gym.*
- *When I am in a flow state writing.*
- *Painting random stuff.*

After you've written about both *energy in* and *energy out*, it's a good time to reflect how often you do what from both lists. Are you out of balance? What can you do to shift things around to bring more energy in and give less energy out?

Prompt Two: What story do you believe (or have previously believed) that was inherited from your parents or parental figures?

We inherit invisible scripts from our parents. If we are not careful, we can live our lives according to someone else's ideas, beliefs and rule book. These inherited stories can be so ingrained in our minds and souls that we hardly know they're not our belief at all. journaling is a useful tool to question our belief systems, and make sure that we are aligned with the path we are taking and the views we are holding.

Because they are *invisible* scripts, they can be hard to identify. I've discovered mine over a long time through lots of journaling. I would recommend keeping a keen eye out for inherited invisible scripts throughout your use of the compendium.

Before you begin, please note that just because your belief systems are the same as your elders, it doesn't mean that the belief is wrong or should be changed. We are simply investigating whether we have chosen our belief systems or unconsciously inherited them.

Topics to consider:

- Your body image. How did your parents speak about their bodies when you were younger? Did they speak about it all? Did either parent speak negatively about their physical appearance? Is that how you learnt to speak about yours?
- What about work? Was it highly valued in your home? Was your parents' jobs attached to their worth? Was busyness glorified? Was it important that you got a 'good job'?
- What's your belief about money, saving money and spending money? Is this something that you decided for yourself, or did you inherit it?
- Consider politics.
- Religion and spiritual beliefs.
- Beliefs about art and creativity.
- Beliefs about children, having them, not having them.
- The definition of success.
- Sex. Was it a shameful thing in your house? Something you didn't speak about? Is it a shameful thing in your own house now?

- The way you dress and present your physical appearance.

Honestly, the invisible scripts can be about anything. It could be about your opinion of bananas, and whether they're nice or not. Go wild. **Question everything.**

Prompt Three: What change do you want to make in your life that you're struggling to follow through with? What stops you? How can you move past these roadblocks?

Don't hold back.

It can be the big and the small:

- *I want to do my washing before it overflows in the basket.*
- *I want to prioritise my happiness above the happiness of others.*
- *I want to dress in a way that resonates with my soul.*
- *I want to move my body a few times a week.*
- *I want to get a divorce.*
- *I want to quit my job.*
- *I want to paint my nails more often.*
- *List it out, and then start looking at what gets in your way.*
- *I hate doing the washing, and so I put it off for as long as possible.*
- *I am scared.*
- *I need the money.*
- *I am scared of what people will think.*
- *I don't like when my nails chip.*

Then start the difficult process of assessing how you can take down the roadblocks and activate your desired change.

- *I face my fears. I know that true change comes when we are scared. I journal each day to investigate my fear, and I take baby steps each day to ensure that I am going in the direction I want to go.*
- *I know I need the money, but I can start building my side hustle now. I do not need to wait to start building my empire. I can ask my family for financial support. I can live with less money. I can ask my partner to support us for a few months. I can get a loan.*
- *I do the washing every single Mondays, and as a reward I get myself a cappuccino straight afterwards. I put the washing in the diary and an alert comes up to remind me.*

- *I get gel nails, so they don't chip.*

It might be a good time to consider the idea of boundaries. Are you allowing people to cross boundaries that need to be upheld? Do you need to say *no* more often? Are you afraid of saying *no*? Look at the concept of boundaries in relation to change making. For example, you are trying to make a consistent meditation practise in the evenings, but your mother often rings you at that time. You need to make as boundary there, and it needs to be enforced.

It is easy to beat yourself up and get frustrated with yourself today, return to mothering yourself as you finish off this prompt. Talk to your inner child, cuddle them, wrap them up in your love. This is a journey. Change is afoot.

Prompt Four: Write today's pages as though you are your future self.

No, not the disastrous, apocalyptic version of yourself if nothing changes, or if it all goes bad.

Your higher self, your future self, the fully realised version of YOU.

I spoke about this in the introduction, but today I want to really dive in.

Here is an example of my future self journaling:

I sit here and breathe in deeply. The cafe is loud and busy but I am centred and aligned. I have not felt anxious or out of control in a long time because I am connected to spirit, and to my purpose. I am not battered by my emotions, instead I am steady, and calm and very focussed.

My day is filled with creative work, that supports me and my family. I rejoice in that, and relish my abundant creativity. I know that what I do doesn't equate to how much I am worth. I rest, whenever my body calls for it, and I do it freely and often, with no thought about if I am lazy or if I deserve it. I know that I deserve a fully happy life, and every day I search for beauty and joy. Today I listen to my body and dutifully respond to its needs.

In this entry, I bring all that I desire and all that I know I am in into the present tense. I am those things now.

You can also enjoy talking about all that you will *do* if that calls to you. Eg. *I am an artist. My songs delight people. I am financially abundant, and I travel etc.*

Resistance.

This practise frequently brings up a lot of resistance. I know, I know, you don't believe it. That couldn't be you. You're nowhere near this person. Writing down the phrase '*I feel comfortable in my skin, and rejoice in the ebbs and flows of my physical body,*' is a God damn

lie. I'm making you lie. I see you. This is hard. But persist. Gently. Persist. Keep writing through those thoughts. The more resistance you feel, the more you need this practise. You are so much further along the road than you think you are. Do the practise, listen to the discomfort. There is work to do, yes. But you're here showing up on the page. This is the work. Keep writing. Repeat the sentences that grind up against your soul, again and again and again. It doesn't have to feel good to be working.

If you get stuck, consider the following questions:

- What are your relationships like with your friends and family in your future?
- What is your relationship like with work in the future ?
- How do you feel about rest?
- How do you feel about money?
- How do you feel about your body?
- What habits do you keep and what practises centre your life?
- How do you deal with the difficult times in your future?
- How do you deal with anger? What is your experience with anger as your future self?
- Do you believe you deserve good things? What sort of things do you deserve?
- What are you doing that scares you & how do you deal with fear?
- What are your feelings surrounding perfectionism?
- What about motivation and discipline and self forgiveness?

During our time together, you can always return to this way of journaling. Especially after a heavy day, or a tricky time on the pages. Also, a reminder that it's well worth finding Dr Nicole LePera's resources on this form of journaling and that her instagram handle is @the.holistic.psychologist.

Prompt Five: What do you fear? Why?

Yes, that fear. That thing you really don't want to look at. Let's investigate that today.

Don't feel restricted to just one fear. Feel free to explore lots of different fears today. And while it is super important to acknowledge those big fears, like the death of a loved one or our own mortality, I also want you to spend time on some of your other fears, that aren't so life and death.

During this journaling session, start an investigation into where these fears stem from and what would actually happen if they came to fruition.

Here is an example from my journals:

I am afraid that I will not be liked by someone. I don't like the idea that someone out there doesn't like me.

Where does this fear come from?

I'm not sure. I can imagine that it might stem from being in high school, and learning how to fit in and be liked. Fitting in did not come naturally to me. I felt that I really had to strategise and hide parts of myself in order to have friends. I am also extremely empathetic and aware of how others feel around me. Perhaps the fact that I am always monitoring people's feelings, means I am more desired of their liking me.

What happens if this fear is realised?

I guess there must be people out there who don't like me. I suppose it doesn't actually affect me. If someone close to me didn't like me, it would be hard and I would feel icky

about it. But if I have showed up as myself, which I am doing, and that pisses someone off, I do not wish to change myself to accomodate them. So I suppose there is very little I can do. If someone doesn't like me because of the way I show up on instagram, or maybe because I'm introverted, I don't want to change for them. So even though it might make me feel angry, it would not be my problem to deal with. It would be theres. I would still find it hard.

Be gentle with yourself during this prompt; make sure you mother yourself or care for yourself before you leave the pages. We do not want these fears to burden us throughout the day.

List things that bring you joy, be kind to your inner child, future journal, or meditate on just how damn small we are.

Whatever it is, take care of yourself.

Prompt Six: Create a dialogue with your younger self.

Today's prompt asks us to create a dialogue with our younger self. You can investigate lots of different times in your life within this prompt, or you can choose to pick just one age and focus on that. The intention of this prompt is for you to connect with a younger version of yourself and gently unpack anything that needs to be addressed. If you have a turbulent relationship with your past, I invite you to process whatever feelings and thoughts that arise from that. The pages are there to hold all your emotions, including anger, resentment and shame. However, I would like to remind you that you're talking to someone much younger than you, and that they also deserve respect, forgiveness and kindness.

There are so many ways to do this but I'm going to make a list of suggestions and questions to consider:

- What would you say to your younger self if you had the chance to go back in time?
- What words of comfort would you like to give them?
- Do you need to forgive your younger self for something?
- Do you need to give them recognition for something they went through?
- Do you need to assure them of their worth?
- Do you need to apologise to a younger version of yourself?
- Do you need to show gratitude to a younger version of yourself?
- Are you ashamed of your younger self? Why?
- Are you embarrassed of them? Why?
- Do you need to re-parent your younger self? How can you do this? Can you do this through journaling?
- What didn't you get when you were younger that you needed? How can you fulfil this need today?

Here is an example from my own journal:

I'm so sorry you felt so unworthy and like an outsider for so much of your young life. You were in a really difficult situation, caught between two worlds and you did the very

best you could. We are rebellious souls, always questioning, always asking why we have to do something and without you constantly asking why, I wouldn't be where I am today. I am so lucky that you lived life in the way you did, because you got me to where I am today. I am indebted to you. For a long time I was ashamed of you. Of my past. But how could I be ashamed of you, when you were forming our fiery, rebellious, questioner attitude. You liberated yourself from societal shackles and I know it was painful, but I am free today because of you. Thank you.

**Prompt Seven: What brings you deep comfort? What little miracles delight you?
We're going on a beauty hunt.**

We have been journaling for a week. Today I encourage you to begin your journaling with a bit of freestyle writing. Write out the things that are sitting with you today; let it pour out. Give the pages your pain, discomfort, all those surface thoughts. I encourage you to practise free writing each day to let yourself process whatever is on your heart.

When you are finished, I want you to have fun with this prompt. All the things that bring you comfort, the memories that you cherish, the foods that you love, the books you used to read as a child, movies that take you away from this world, holiday places, your plans for the future. Whatever it is, I want you to create a shrine of words. An alter of your favourite things on the page. Soothe yourself. Make it poetry if you want. I give you permission to indulge in all the things that let your breath come easily and put a soft, easy smile on your face.

This is an example from my journal:

I really need to be on my own right now, there are too many people around. I go within, into my fucking glittering internal world, where it is always Christmas. Where I am in Dumbledore's office looking at all the magical contraptions sparkling on his shelves. It's Gryffindor common room on Christmas morning, and Marianne's house after Willoughby gathers her up from her fall. All the books I've ever loved are there for me to return to whenever I need them

I also make lists like this:

Things that delight me:

My morning cup coffee

Ink pens

New book smell

Old book smell

The way my body feels after I've worked out

The way my body feels in the sea

The smell of my mum's perfume.

A new leaf on a plant baby

My dog's bed hair after he's had a long nap.

Talk to your inner child about what delighted them when they were young too.

Do what calls you.

Prompt Eight: How does perfectionism affect my life? Why do I feel the need to be perfect?

Okay my beautiful little perfectionists, this is what Dr Brene Brown says about perfectionism:

“What emerged for me in the data is that perfectionism is not about striving for excellence or healthy striving, it’s a way of thinking and feeling that says this: ‘If I look perfect, do it perfect, work perfect and live perfect, I can avoid or minimise shame, blame and judgment. I call perfectionism ‘the 20-ton shield.’ We carry it around thinking it’s going to protect us from being hurt. But it protects us from being seen.”

This might not be your opinion of *your* perfectionism. That’s okay. But I just wanted to offer this insight as a way to look at where your perfectionism could stem from. Consider whether your need to be perfect and make perfect things is, in fact, a cunning, unconscious plan to stay small, ‘safe’ and unseen. Investigate where your need to be perfect flares up, how it might get in your own way, and why you expect perfection from yourself in those circumstances.

Other questions to consider:

- Does your perfectionism impact your relationships?
- Does your perfectionism impact your work life?
- Does your perfectionism impact your creating?
- Do you expect perfection from other people?
- Does your perfectionism mean you like to control everything?
- How does controlling everything make you feel?
- Can you actually control everything?
- What can I control?
- What can’t I control?
- Has your perfectionism stopped you from being seen? Did it stop you creating? Or sharing?

- What would happen if you were imperfect? Lay out all your fears.
- 'I am messy and that is my magic' - How does the concept of messy magic make you feel? Consider the idea that your imperfections are what make you magic.

If throughout this prompt you've not resonated with the label of perfectionist, that's okay. I still want you to go through the questions and consider where you like to have control, where your standards for yourself might be too high, where you need to give yourself more credit and how your messiness can be your magic. You might even want to ask yourself the question, do I think I am capable of greatness? Do I not aim high because I do not think I am able to reach? Is having low expectations a way to keep myself safe, because I will never feel disappointed?

Approach all of these questions gently and softly. Notice if your inner critic is taking hold of the pen. You are enough.

Prompt Nine: What does being vulnerable look and feel like to you?

Vulnerability will look different to different people. It is important to understand what it looks like for you. Today might be a good time to look at both when you have felt vulnerable and it felt uncomfortable and when you were vulnerable and you felt powerful, strong and courageous.

For me, vulnerability looks like showing up entirely as me, not hiding or shying away from any part of myself, even in situations that make me want to stay small.

I have felt vulnerable posting on instagram about my life and journey. It can feel really horrible. For example, after I've posted something vulnerable I can get a bad 'vulnerability hangover' where I feel really sick and anxious about what I've put out into the world. I might think over and over again about deleting it. And in the past I have deleted posts, to make the feeling go away. I would describe the feeling as itchy and anxiety ridden.

I can also feel empowered and vulnerable. When I share a personal story with a friend, and it resonates with them. I feel vulnerable when I share my book with agents and publishers but I also feel courageous in my own creative power. I feel vulnerable but I also feel brave and whole.

In today's journal entry, explore what being vulnerable means to you. Investigate moments in your life where you've felt vulnerable.

More questions to consider:

- Do you avoid situations where you are required to be vulnerable? Or are you comfortable with them? Eg. Social events. Sharing things with friends. Going on stage. Putting myself up for a promotion. Asking a friend if they're okay. Standing up for someone who is being mistreated. Breaking up with someone. Asking someone out on a date.
- Do you feel afraid to speak your mind? When do you feel this way? What is happening in this situation?
- Do you tell people intimate details of your life straight away? Or do people need to earn your vulnerability?
- Do you become small after you've done something vulnerable? Talk about your

experience of the ‘vulnerability hangover’.

- When was a time where you’ve been truly vulnerable and felt good about your choices?

Trust your instincts, let your journaling take you wherever you need to be taken.

Prompt Ten: What do you need for your relationships to flourish?

This might look different in different relationships. You will need different things from your Mum, than you do from your friends, than you do from a romantic partner. Today is the day to start looking at what you require to feel like your relationships are thriving.

For me: I need to be able to be 100% myself. If I feel like a part of me isn't accepted in the relationship then it is hard for that relationship to flourish. I need the other person to understand that I am not very social and I frequently need space on my own. I need respect for my art and for my creative process. I need to feel seen.

As I write this, I can hear a little voice that says, *this is all very selfish of you, you need an awful lot don't you?* You might hear that voice too. But you deserve to have relationships that respect ALL of you. Acknowledge the voice and move past it. You are not being selfish. You deserve this.

You might want to spend time writing down how each relationship requires different things. For example, with my parents I need to be respected and given space to make my own choices and make my own mistakes. Conversely, from my partner, I need them to challenge me when I'm being an asshole and to talk honestly with me about big decisions.

After you've given space to write down what you need from your different relationships, it's time to examine whether you're actually receiving what you need. Dive deep, get angry, sit in gratitude, do it all. This is a safe space.

Other questions to consider:

- Do you trust people?
- Are you happy with how you're showing up in your relationships? Could you be doing more?
- Are you overly dependent on someone else's happiness for your happiness?
- Do you have communication issues with significant people in your life? Do they know who you are, truly know who you are? Do they know what you need to thrive? Have you ever told them what you need?
- Do you keep people at a certain distance to keep yourself safe? Why? Does this serve

you? (It could.)

- What does the phrase ‘toxic relationship’ mean to you. Have you experienced it?
- Do you feel deserving of being loved fully and entirely?

If this journal entry feels risky to you, if you have experience with people reading your journals in the past, or you’re anxious about the idea of this entry being read by others, feel free to destroy these pages after you’re done. Give yourself permission to destroy your words. This is important work, and we need to investigate these things honestly.

Prompt Eleven: What am I creating? What do I want to create?

What are you creating at the moment? Or what do you want to create? Are you a writer? An artist? Do you have a small business? Or a side hustle? Do you love differential equations? Or blogging about basketball?

Whatever it is, I know you desire to create. We are born to create. No one is exempt. Today's prompt is going to look at our art, and what we are doing with our power to make.

What are you trying to do with your art? What story are you trying to tell? What experience is the person who consumes your art going to have? Reflect about what you like about your project. Reflect on how you could make it better.

Here is an example of me journaling about my historical fiction book:

I want to focus on why I am writing Elisabeth (My book!). I think I am telling a story about taking ownership of our choices, it is about the horrible tug o' war of wanting to fit in but wanting to rebel. This story is about overcoming systems that are built to enforce shame, that are made to keep us small. This is about finding our own power in our sexuality. I want this book to excite its readers. I want them to see themselves in Elisabeth. To finish reading her and feel present in their bodies and a sense of pride and strength in their own sexuality and sensuality. I want them to feel 50% turned on, 50% ready to fuck the system. I want to speak to readers about how it allowed them to claim parts of themselves they once felt shame over.

In that extract, I am looking at *why* I am creating what I am creating, and I am envisioning the impact it will have on my readers. I invite you to do the same. How will your project make people feel? How will it make you feel? You can daydream about how it will feel to have finished your creative project. You can imagine how it will feel to talk to people who have interacted with your creation. Talk about the impact you are going to make. Consider writing a scene where you meet fans. Go into detail.

If you get stuck, consider the following questions:

- Who are you jealous of? Jealousy guides us back to our desires. Write about why you're jealous. Why can't you have what they have?
- What did you enjoy creating as a child? Have you done it recently? Why not? Does it still interest you?
- What is your favourite art to consume? Can you envision yourself making something similar?
- Do you feel your inner critic piping up during this prompt? What are they saying? Write down exactly what they're saying. Question them. Be critical of them.
- What limiting beliefs are holding you back from creating what you want to create? Eg. No one in your family is 'creative' so I can't be either.
- What other factors are holding you back from creative abundance? What excuses do you have? Too busy? Work taking up too much energy? Kids don't give you enough time alone? Don't have enough money? Start unpacking the excuses and ask yourself, am I getting in my own way?
- Are you putting your creative abundance last? Do you put everyone else first?
- Do you believe that you deserve creative abundance? Do you think it is a luxury you cannot afford?

Prompt Twelve: What question, or comment triggers a melt down? Why? Explore.

A few examples scattered throughout my journal:

- What do you do for a living?

- Amie: I'm tired

Other person: Why?

- Do you want to bring your dog over to mine?

- Are you published?

- Do you need to eat that?

- You haven't done much today

- Don't swear.

I asked my partner the same question. James's trigger questions are related to people putting external pressure onto his day. He has a rhythm to his work and the thought of someone else getting involved in his rhythm triggers unease and takes him away from alignment. A few of his triggers were:

- What work are you going to do today?

- *What's your plan for your thesis?*

- *What will you do after you're finished with this book?*

For each comment or question, write a few words about what wound it touches upon and why it hurts you. This prompt is about getting to know your sore spots and really understanding your own pain.

For example:

Trigger:

Amie: I'm tired.

Other Person: Why?

Why it hurts:

It blows me away how much I am asked this question after I announce that I am weary. It triggers a lot of old stories about how I don't work hard enough, don't live a 'regular' enough life, to deserve to be tired. It annoys me that I have to validate my body's experience. Why can't I just be tired? It annoys me that the expected answer is 'I've been working hard'. I immediately assume that the person thinks that I am lazy, and don't deserve to be tired. Which might not be true, but it always feels that way.

Try not to judge yourself. You are allowed to be upset, you are allowed to be angry, you are allowed to not want to be asked these questions, or to be told these things. Feel free to write down how you would like to respond the next time someone asks you a triggering question or says something that upsets you.

Prompt Thirteen: What does the phrase ‘fuck mediocrity’ mean to you? In what ways do you reject the norm, the mediocre, the boring? How would you like to?

Some further questions to consider:

- What do you think of when you hear the word mediocrity? Investigate why you think that thing is mediocre. Are your first instincts right? Or do they need further investigation?
- What parts of your life feel a bit mediocre? Are they necessary? Or is this a part of your life you could change?
- In what ways do you feel like you bow to the power of mediocrity?
- In what ways do you reject it?
- How do you want to reject it in the future?
- Do you ever feel mediocre as a person?

Here is a journal entry from me that looks at the concept of mediocrity:

Seth Godin talks about mediocrity a lot. And I love his rejection of it. I have ironically felt so outcast and shitty for rejecting the mediocre. I've felt spoilt and selfish for always wanting more than the norm, and hearing the phrase 'fuck mediocrity' is so validating and assuring. To me mediocrity means that I am living life on someone else's terms. That I am a slave to someone else's to do list. It means not dedicating myself to my craft. It means hiding parts of myself so that I can fit in. It means not resting when I want to rest because I don't feel like I deserve it. Fucking Mediocrity means sleep ins and coffee in bed. It means a desire to make money, without any guilt. It means writing book after book after book, because that is what I want to do.

Go wild. What does mediocre look like to you? In what ways can you thwart it? In what ways does it still permeate your life?

Do you have stories about how you are mediocre as a person? Question them. You deserve more than mediocre. You have one, short and precious life. It is not time for

lukewarm.

Prompt Fourteen: What parts of yourself do you try to hide?

When do you show up and then leave a situation feeling that little bit icky, because you have not shown up as your true self? What parts of yourself do you try to hide? What relationships do you have in which you feel you must hide parts of yourself?

It could be your sexuality, your creativity, your softness, your fire, your bad language, your anger, your depression, your anxiety, your lust, your joy, your culture, your illness, your passions, your body. It could be anything. There is no wrong answer.

It is important to note that for some people hiding parts of themselves is mandatory because of their particular situation. This journal entry is not about forcing you to reveal all of yourself to everyone. The number one priority is to stay safe. Besides, not everyone deserves all of you. It is okay to feel the need to protect yourself in front of those who are determined not to understand you. What we are doing today is simply investigating where we don't feel comfortable being our true selves, we do not have to make judgements about whether it is right, wrong, good or bad.

Some further questions to consider:

- Do you act in certain ways that don't align with who you are regularly? Does it occur in certain physical spaces? For example, when you're playing sport, at school, or at family functions.
- Do you hide parts of yourself around certain people? What about them triggers this?
- Do you act louder when you are in groups? Do you act more social than you feel? More aggressive? More soft? More quiet? How do you show up in groups?
- Does hiding parts of yourself give you more or less energy?
- Are you protecting yourself from harm? Or are you protecting yourself from being seen in all your magic?
- What will happen if people see you for who you truly are?

This entry could potentially be upsetting. It is difficult to look at the parts of us we try so hard to hide. I would recommend deploying the mother to calm yourself and care for yourself at the end of this journaling session.

Let yourself know that in this moment, you are safe and that in all moments you are worthy. You are.

Prompt Fifteen: Who are you? When do you feel most yourself?

Today is a big one. It follows on from yesterdays' prompt.

Try not to put too much pressure on yourself. It is okay to not know. It is okay to not know. It is okay to not know.

The greatest pleasure in my life is getting to know myself, and I would hate to think I have uncovered all my mysteries already. How boring. This is a journey, a never ending unfolding journey of getting to know you. Do not feel you need to know it all right now. That would be no fun.

This is a really good prompt to start playing with your words. What words align with you?

Start using them to describe yourself. What outfit is the most you outfit in the world? Describe it. What is your ideal day? Start writing about the elements that make you, you. What does your art say about you? Is your art a part of you? *It is a part of me. I am my books. I am my words.* Write about that. Write a journal entry in reverence to yourself, your true self.

If you get stuck, here are some extra questions:

- When do I feel most powerful? What does this say about who I am?
- When do I feel at ease? What does this say about who I am?
- Who in this world really gets me? What does this say about who I am?
- If I could design a house that resembled who I am, what would it look like? What does this say about who I am?
- What season do I reflect as a person? What does this say about who I am?
- Do I relate to my astrological sign? Yes? No? What does this say about who I am?

Potential Resistance:

If you're not in a good place with yourself at the moment, this entry is going to be hard. You might still be stuck in stories about how you're not worthy, you're not good enough, perfect enough, enough enough enough.

That's okay.

You are enough, but it's okay if you don't feel that way today.

Take today slowly.

Notice the stories. If you write something bad about yourself, write next to it: *is this a story that I am telling myself?* Ask yourself, is this holding me back from joy? From creativity? From abundance? It will be. And you deserve all of those things. Your joy, creativity and abundance is your right. And any story that stops you from obtaining those things is a story that needs to be questioned and altered.

It takes time. So go gently.

Prompt Sixteen: What is your relationship with money?

You might have already addressed this issue on day two. We are going to go even deeper today. Do you have an inherited invisible script about money from your parents, from your culture, from society?

This world is full of stories about money. We might feel the need to venerate money, hate money, feel shame around money, resent money, Scrooge McDuck money, or try our hardest to just ignore money all together.

But, we can't.

It's with us. We need it. We've got to deal with it.

For a long time, I wanted to ignore money. It stressed me out to such a great extent and I was so ashamed by the state of my finances, that I would only occasionally glance at my bank statement when I knew I really had to. And I really would glance, for one second, to try and limit the pain. It was very stressful and it fuelled my shame.

I wouldn't journal about it, because I didn't want to wrap words around it. The shame was winning. But as soon as I found the bravery to begin to write about what was happening to me and my \$, the power that the shame had over me was obliterated and I was able to face my money stories. I was able to let go of fear, and get my dollars in order.

Jen Sincero writes in her book *'You're a Bad Ass at Making Money'* some commonly held beliefs about money.

"You can't be rich and spiritual.

Money isn't important, people are.

Never go into debt.

Save your money for a rainy day.

Rich people are gross.

You have to work hard to make money.

You can't make money doing X (whatever you love to do) .

I'm too lazy to make money.

Always have a backup plan."

In today's pages, unpack your own beliefs and look at whether they serve you.

Feel free to talk about how much money you'd like to make, how you're going to make bank, and what you'd like to do with the money.

Would you like to be able to travel overseas a few times a year? Would you like to be able to start a new business? Get your parents out of debt? Go Wild. Day dream. Acknowledge your stories. Play.

Prompt Seventeen: In what ways do you like to numb? What do you use your numbing to hide from?

Numbing is when we try to dull our emotions by using external stimuli. Examples of numbing might be: excessive use of phone, alcohol, drugs, tv, gossip, picking fights, making obsessive lists, food, dieting, relationships or exercise. There are many ways to numb. If you're not sure whether you numb or not, a good question to ask yourself is: *what activity do I like to do when I am avoiding something? Or, what activity do I do when I am sad?* Just check in on all these things, and gently examine whether they are supporting you, or holding you back from addressing something properly.

Here is an extract from my journals in which I talk about numbing with my phone:

I am numbing out so hard with my phone at the moment, but what is it? What am I hiding from? Am I frustrated that business isn't magically booming within the first few months of starting? Maybe. I'm hungry and that can be frustrating. Am I scared that I'm not enough for all of this? Maybe. That feels warmer, maybe I've just not been feeling enough. I was so frustrated with myself on the weekend. I felt so gross and so angry. I think I am getting close now. It's a cloud of fear surrounding my inadequacy. I am overwhelmed by all the things I'm doing, there's so much and I'm so scared. I am so scared. I sit in my fear. I do not need to numb this feeling, I need to sit with it. You are doing so well. This isn't easy You are doing so so well.

This journal entry surprised me when I read it. I had no idea why I had been so addicted to my phone. I was spending every waking moment stuck to it. I did not want a single moment alone with my thoughts. But all it took was me asking myself what I was hiding from, to realise that I was scared. I sat with my fears. It was a little uncomfortable, but it allowed me space to process my feelings.

It might take you a little longer to discover some of the reasons you are numbing, but give yourself the mental space to listen and witness yourself. Be honest. Be open. This is the path to healing.

If numbing's more sinister cousin addiction is something you know that you struggle with, go slow. Ask for support if you need it. Tread gently.

Prompt Eighteen: What is your relationship with rest?

“Hard work pays off. Hustle. Work hard, Play Hard. Rise and Grind.” - Society.

We are taught that hard work equals worth. We live in a world that glorifies busy. If you're going to take rest it must be earned or else it is lazy.

It's very normal to have lots of stories around the concept of rest because of the stories that are crammed into our culture. I have buckets of stories about rest and being lazy and I use my pages to frequently examine the stories I am telling myself.

Today you might consider the following questions and ideas:

- Do you feel that you deserve rest?
- Are you tired?
- Is your body tired?
- Is your mind tired?
- Is your spirit weary?
- Do you respond to your tiredness when you feel it?
- Why not?
- Do you know how you like to rest?
- What does going slow look like to you?
- What stories do you have surrounding rest?
- Do you numb your pain by being busy?
- Is being busy a badge of honour?
- Do you feel like you can only rest when you're totally burnt out?
- Do you go until you cannot possibly go a moment longer?
- Do you feel like you don't have a choice?
- What is your relationship with productivity?
- Do you feel you have to be productive to be worthy?
- Does rest feel like stagnancy? Is it uncomfortable and boring to you?
- How can you change these stories? What new stories would you like to have?
- What small act of resistance can you take today? A sleep in? A nap? Saying no to

something?

Get curious. Unpack the pain. How are you going to show up as the fully realised, most magic version of yourself? Do you need to address the way you see rest in order to get there?

And if you need it: I give you permission to rest, sleep in, do nothing whenever you feel like it. Whenever you feel like it.

Prompt Nineteen: How do you feel about being alone?

Lots to discuss here. Lots to play with. Today we are going to look at both being alone and being lonely. I'm not going to hold your hand on this one. You've been journaling for nearly twenty days. Use the questions to guide you, or freestyle.

Some further questions to consider:

- What is the difference between when you have alone time, and when you are lonely?
Or is it the same?
- Is loneliness something that you experience often?
- How does it impact you?
- How does it play out in your life?
- Is this something you are self imposing?
- Or is it something that you feel is imposed upon you?
- Do you have the power to change it?
- Does it affect the way you view yourself?
- Do you feel lonely even when you're surrounded by many people?
- Do you crave solitude?
- Do you need solitude but never make the time for it?
- How does solitude make you feel?
- Do you isolate yourself from people to protect yourself?
- Did you like to be alone as a child?
- What was your experience with loneliness as you grew up?
- Do you need to create more boundaries to give yourself more alone time?
- Do you need to reach out to others more often?

Loneliness can sometimes come from taking the road less travelled. Do you feel alone on your creative journey because no one else is on it with you? Often torchbearers, those that go first, can feel isolated because we travel the road less taken. If this resonates, I want you to acknowledge the bravery it takes to do what you are doing.

Prompt Twenty: What impact do you make? What impact do you want to make?

This is a prompt that can cause panic. If you're feeling a sense of alarm at this question, I want you to take a deep steadying breath. It's okay to not know. **It is okay to not know.** We can just play with a few ideas today and begin to get things brewing. You do not need to have this figured out. But let's gently and slowly look at this question.

It is also okay to not want to *change the world*. Think of all the tiny little impacts you want to have on this world. If you have children or feel called to have children, how do you want to impact them? How do you want to affect people that see you in the street? Do you read books on the train? Do you smile at strangers? When people interact with you, how do you leave them feeling?

It is also okay to want to change the world. Write about it.

You might want to consider your creative expression during today's journaling. What do you create? Or if you're not yet creating, what do you feel called to create? How will your art impact the world? How will your business, your books, your songs, your paintings, your acting, your creativity impact the world? What will it make people feel? What legacy will it leave?

Throughout today's pages, question, openly and honestly, whether the ways in which you want to make an impact are true and in alignment with you. Consider the possibility that this is how you feel you **should** make an impact, not how you actually **want** to make an impact. Is this our society informing you, not your soul? Is it a parental voice, not your voice? Be critical.

Go wild. Play with your language, cast spells, get really dreamy. If you are called to, imagine your Ted Talk. How do people feel after watching you talk on stage? Envision what it will be like to win an election, to have your books read by many, or to change people's lives.

Witness your inner critic today. Do they want to fight you? Are they loud? Notice if they are trying to tell you that you're not good enough to do these things. Examine whether that is actually true. Notice if you are limiting yourself. Then, find space on the page to mother yourself. Imagine talking to your inner child. Lift them up, love them, remind them of your brilliance. Fight that voice that is trying to keep you small.

Prompt Twenty One: What difficult thing have you been through that has made you stronger?

This prompt is about looking at the dark times in your life and understanding how they have transformed you. This is about recognising how pain, trials, sadness and grief have burnt you to the ground and risen you from the ashes.

The difficult moments don't necessarily have to have made you stronger. They could've made you softer, more understanding, more empathetic, closer with your family or more understanding of who you are. Explore the ways in which moments of darkness gave you light.

Questions and themes to explore in this prompt:

- What difficult moment are you going to examine? Is it recent? Is it something you are enduring right now? Or is it something deep in your past? Spend time detailing the darkness. Notice, is it still raw? Have I healed from this? Am I still in pain? No answer is the wrong answer.
- Did the darkness give you an ability to empathise with those who have been through the same thing?
- Did the darkness make you aware of a part of yourself that you never knew existed?
- Did the pain you endured allow you to put boundaries up that still serve you?
- Are there still lessons to learn from the pain? Have you left any light on the table?
- Are you going through anything now that could be seen as a transformative pain? A fire portal of transformation? Can you recognise how the pain you endure in this moment, is shaping you into a higher version of yourself? If you can't, honour that. Honour your sadness. If you can, explore your potential ascension.
- If you are having issues seeing what good came from the darkness, that is okay. You can simply choose to explore the repercussions and investigate how the darkness shaped you. If you discover it gave you nothing, or if you discover it gave you nothing but wounds. That is okay. Acknowledge that. Let yourself write about it. Allow for sadness and anger.

Here is an extract from my journal, in which I envision that my present darkness could become light:

I am in a vacuum, unable to affect anything, I am useless.

I hope to look back at these details of dark times and recognise them as transformative, powerful fires shaping me to be the powerful force that I am. I pray to the gods that this is what this is. I pray I have a purpose, a reason for being here in this pain.

Notice that I do not know how the current pain can become light, I am just hoping and praying that it does. I didn't understand the lesson, but I sensed a lesson lurking. Today might be a good chance to ask the pages, the universe, your higher self, God or gods for an ability to understand the lurking lessons. It might also be a time to simply just allow yourself to talk about how crap a situation is. Do what you need to do. There is no wrong way to address this prompt.

Prompt Twenty two: Write out your ideal day.

Go wild. I've done this exercise twice, because I wanted my ideal day in England and my ideal day in Australia, my two homes. You can do an ideal day with work and then without work. With the seven dogs you dream of having, and without them. Or you can just write one ideal day. It doesn't matter. Let yourself go wild.

Further questions to consider:

- What does your work life look like?
- What have you created?
- What are your relationships like?
- What does your home look like?
- What do you do with your spare time?
- How do you choose to move your body?
- What internal work have you done?
- What is your relationship with yourself like?
- What is your financial situation?
- What do holidays look like for you?

How long are you going to wait to ask for what you want ? Construct the life you want. Call it into existence. You are not jinxing this. You are beckoning it closer.

This is an example of mine:

I wake up in our home in the bush, by the sea. It's early, and for some reason, I am now an early morning person and I am really good with mornings. It feels warm and I am soft with tiredness. The sun is streaming into our home. It is summer but it's not too hot. Our house is uniquely ours. My novels are on the shelves. So are James's. I take my dogs off leash down to the water and I get into the sea. It is my rest day from the gym; my muscles are sore, but they enjoy being in the water. My skin is sun kissed. My dogs play and I am with the gods. I go pick up coffee for me and Jimmy and bring

them back to the house. There is soft classical music always playing in our home. I do my morning pages on the veranda, Jimmy reads the paper. I have another chapter to do today, with a deadline looming. I also have a book tour in the UK in a few weeks. I look forward to it, but relish my peace now.

I go on and on.

And you should too.

**Prompt Twenty Three: Create a dialogue with your inner critic. What are they saying?
Defend yourself.**

What are your strongest stories about yourself? What're those persistent limiting beliefs that your inner critic will bring up at any chance?

I want you to explore a two sided conversation between you and your inner critic. It's time to fight back.

For example:

Inner critic: You are undeserving of good things. You've been given so much already.

MY TRUE SELF: I am deserving of abundance. I deserve money for my creativity. I deserve a life where my creativity seeps into each minute. I deserve to be able to take my fiction seriously. I deserve to live in a home that supports me and makes me feel safe. I deserve to be in relationships where people see me and respect who I am.

Inner critic: Why? You can't just say 'I deserve these things.' Why do you deserve them?

MY TRUE SELF: Because I show up vulnerably, against all the forces that try to keep me small and I create, I tell stories, I write novels. They come from a deeply honest part of myself and I imprint a part of me within these words. I deserve financial abundance in return for my art, because all artists deserve compensation for the work they make. I am an artist, and I will continue to put our work into the world, seeking connection with others. Because of my commitment to this practise, money will find me. I deserve a safe home, because we all deserve a safe home and I am no exception to the rule.

It took me ages to write that. It's hard. We are taught to believe the inner critic without question. This voice is not used to being questioned. They're going to put up a fight. So breath, talk to someone you trust if you get stuck, and always, always question the validity of the inner critic's beliefs.

If you're really struggling, imagine your inner critic is a loved one. How would you defend a loved one saying those things about themselves?

Prompt Twenty Four: Do your benchmarks move? When you achieve a goal, do you celebrate and sit in the moment? Or does your benchmark immediately move?

When did you achieve something you'd been working towards? How did you respond? Did you celebrate? Did you feel good? Or did you move directly onto the next benchmark?

We need to be careful of rhetoric like this: "When I am published I will be happy." Publishing your book may well give you a moment of happiness. But, if we aren't careful, as soon as we are published, we move onto the next milestone. Suddenly our benchmark looks like this: "When I make over 3000 dollars on my books I'll be happy." "I want to make 10,000 dollars off my books." "I want my book to be my main source of income." "I want my next book to be picked up and I want it to make more money than my first."

None of these goals are bad. They're wonderful and achievable. But the persistent moving of our benchmarks can be exhausting and make us feel unworthy, exhausted and not enough.

I want you to journal about your benchmarks. Honour them but also acknowledge that you need to find joy in the journey of getting to your goals. Perhaps this is a time to write about what you love doing along the way. As an example, I love the writing process. Yes, I write to connect with others but I also write because I love to tell stories. I like playing with sentences and I like finding a character's voice. This is why I do what I do. And why I will continue doing what I do.

If this exercise is difficult and you find yourself thinking about how you actually don't enjoy the processes and journey of getting to your benchmarks, this is a time for reflection and assessment as to what you're doing and why you're doing it.

Further questions to consider:

- Where are there benchmarks in my life? Think about: family life, career goals, financial goals, fitness goals, art goals, material things.
- What was the last benchmark I hit? How did I celebrate? Did it feel as good as I thought it would? (If it did, great! Write about that.) What happened next?
- Am I addicted to the feeling of making new years resolutions, new goals, new

benchmarks? Do I do it with regularity? Does it feel healthy?

- Do I use the phrase 'I'll be happy when....' Or anything to that tone?
- Do I love the journey of getting to my goals? Or does it feel like an eternal grind?

A reminder: goal setting and knowing what you want is magic. We are not demonising the process of dreaming, being ambitious or the making of goals. We just want to make sure they are serving us. The idea is to not rely on hitting your goals for your happiness.

Prompt Twenty Five: What don't you give yourself enough credit for?

I'm going to say the answer to this is: a lot :)

If you have a strong inner critic, I want you to welcome them to this party. They're going to be loud today; welcome them to the pages. They can write down their doubts if they really want to, but you're going to fight whatever they say.

Here are a few suggestions of things you might not be giving yourself enough credit for:

(Note: If your inner critic responds harshly towards one of them, investigate it further. It's more than likely that your inner critic will respond the loudest to the ones where you actually do deserve more credit).

- Your parenting.
- The way you look after your body.
- Your creative endeavours.
- Your 'adulting', including house matters, bills, money management, and keeping your plants alive. (If they're still living, give yourself credit.)
- Your pet parenting.
- How you dealt with things in your childhood and teenage years.
- The relationships with your parents and family.
- Your friendships.
- Your work.
- Specific, difficult situations.
- Moments of pressure in your life.
- Your journaling.

Go into these topics. Shower yourself with reassurances that you're doing well. Acknowledge when you overcame issues. Give yourself credit when you did well, or handled a situation as best as you could.

We are not used to talking to ourselves in this way, so be prepared for it to feel a little bit uncomfortable. Be prepared to unpack the discomfort, why does the idea that you're a good parent make you feel so uncomfortable? Is it because of an old wound? Your parents? Investigate.

Prompt Twenty Six: What is your relationship to your physical body like?

Yo! This question is hard. It is guaranteed to be loaded with societally enforced bullshit that can land us in a bad place.

If you know this question could trigger past trauma, or past disordered thoughts, feel free to move onto the next day (or use one of the questions from a previous prompt as your prompt for today). If you feel comfortable broaching this one, let's go.

We need to balance this prompt carefully. We need the space to acknowledge what our relationship with our body is like. We need to be able to air our grievances and honour our pain.

We also don't want the pages to sink us into a space of self loathing. We want to respect our feelings and honour them, but we also want to be critical of them, and acknowledge where these thoughts come from.

Here are some further questions to consider:

- What does your body do for you? In what way does your body serve you?
- In what ways does your body let you down? Acknowledge pain and the feeling of being let down, especially if you are someone who experiences chronic illness, or you are someone who is disabled. Give yourself room to be honest about your physical experiences. Do not feel like you have to force the positivity.
- In what ways has society impacted the way you feel about your body?
- In what ways do your feelings about your physical body hold you back? Does they hold you back?
- What is an activity that your body enjoys?
- How do you treat your body? How do you serve it?
- How would you like to feel about your body?

It is a good idea to go and do something nourishing and delightful for your body today. Even if this journal entry was heavy, I recommend going and doing something for that bod of yours. This service could look like a nap, a piece of cake, eating some veggies, going for a

walk, drinking a cocktail or lifting something heavy. What does your body want? Serve yourself.

Prompt Twenty Seven: Are you addicted to feeling sad? Stressed? Anxious?

Do you search for things to be disgruntled about? When you have a perfectly good day laid out before you, does your brain scan it for something to be annoyed or upset about? This is something I struggle with, and I use my journal to manage my stress addiction.

In his book, *Becoming Supernatural*, Dr Joe Dispenza talks about how our brains become addicted to the chemical release we experience when we are stressed, anxious or depressed. When I started journaling, I started my journey of healing. But as my depression eased, I found myself missing something. I was searching for my old depression within my new joy. I wanted my chemical fix. I wanted the safety of my old feelings. Writing about this unusual process in my morning pages allowed me to become conscience of when I was hunting for stress and upset. Through journaling I was able to reprogram my mind.

Here are some further prompts to really dive into this topic:

- Do you like to be the victim?
- Do you like to be the martyr? Is helping everyone else but neglecting yourself a common practise for you? How does it make you feel?
- Does stress make you feel like you have control?
- If you're not anxious about a stressful event, do you feel like something might go wrong?
- Where do these behaviours come from? Were you taught them?
- Why do you think you choose to engage with these feelings? What do they give you?
- It's okay not to know, this is just an investigation.
- Just get curious.

An extract from my journal:

I have an addiction to feeling sad and sorry for myself. I think it is because depression gave me permission to give up. If I was having a major meltdown I gave myself permission to cry and sit on the couch and relax. If things are bad then I can treat myself kindly, but if things are going good, then I have to hustle and work hard and

push. I have to learn that I am allowed to be soft, and slow and happy. I deserve nice things if I feel joy. I deserve rest, even when things are going well.

If you don't relate to being addicted to these feelings, I want you to investigate what role sadness, stress, anxiety, play in your life. Get curious about how they affect you.

Prompt Twenty Eight: Respond to this statement: *What you really want to do, is what you are really meant to do.*

This quote from Julia Cameron, in *The Artist's Way*, is at the centre of many of my journal entries, because the idea was so radical to me. Today, I ask you to consider it for yourself. For me, this quote gave me freedom and permission to actively go after what I desired in life. It gave me the confidence to pursue what I wanted, and reject those that saw my desires as unrealistic. This might not be the case for you, you might read this quote in a different light. That's okay. However it resonates, explore this quote in today's pages.

Further things to think about in today's pages:

- How does this idea feel to you? Unpack your immediate response. Did you declare yourself an exception from the rule? Did you make up excuses as to why it wasn't applicable to you?
- What emotional reaction does it provoke? Anger? Joy? Release? Excitement?
- Did it feel like a permission slip?
- Or did it feel like pressure?
- What do you really want to do? Do you know? Do you feel pressure to know? Do you feel external, societal pressure to know? Unpack that. Get angry, process any emotion there.
- Do you feel validated?
- Does it alleviate shame?
- Does it inflict shame? Because you are not pursuing what you really want to do?
- Does it illicit panic, because of the barriers between you and what you want to do?
- Do you completely disagree with the idea. If so, explore that. Play devil's advocate. Detail why.

Chapter Twenty Nine: What is a memory you are ashamed of or embarrassed about?

Let's wrap words around it. Detail out this event, action, moment in time. Catch yourself if you try to lie about the situation, or spin it so it doesn't look as bad. We want this to be honest, don't let shame get the better of you.

Write it all out. Detail the moment. Add your own reflections and feelings. Remember this entry can be burnt, destroyed and never needs to be re-read ever again. What we are doing here is we are calling out things that cause us shame. We own our stories, our stories do not own us.

Things to look at during this prompt:

- What happened? Detail the parts you've been trying not to think about. Own them.
- Why do you think it caused you embarrassment or shame?
- What were the feelings you had in the moment?
- What are the feelings you have now?
- How has this shame or embarrassment affected you?
- What does it feel like to write it out. Is it painful? Freeing? Worse than you thought? Way easier than you thought?

If this journal entry leaves you re-living trauma or swimming in guilt and shame, you need to find space to mother yourself and care for yourself afterwards.

Affirmations to use as a salve:

Those moments do not define me.

I own my story. My story does not own me.

I accept responsibility for my actions.

I am much more than my mistakes.

No one has the power to make me feel unworthy.

I am powerful.

I am not my past.

I will not allow these moments to take away my power.

Through these moments I learn how brave I am.

Through these moments I learn how resilient I am.

If this prompt has brought up something that is really sitting uncomfortably with you, reach out to someone you trust and let them know you're not in a good place. You deserve to be taken care of, so give yourself grace and love. Make an active decision today to do something for **you**.

Prompt Thirty: What would happen if you got everything you ever wanted?

In this journal entry, I want you to explore your beliefs surrounding your joy, your abundance and your success.

Things to consider throughout this prompt:

- What does it feel like to imagine receiving everything you've ever desired? Play out that scenario. What do you feel like emotionally? What does it smell like? What can you see? What is the rest of your day going to look like? Sink yourself into the moment, and see it taking place.
- Do you feel joy?
- Do you move your benchmark?
- Do you feel empty?
- Does the thought terrify you, because if you have everything you've ever wanted, and you're still not happy, what more can you do?
- Are you content to just be?
- Do you feel like you deserve it?
- Do you know what you want? It's okay if you don't.
- What does success mean to you? Is this something you need to re-define?
- Do you feel guilty?
- Do you feel incredible?
- Is everything you ever wanted all dependent on external things? Or is it about internal work too?
- Do you feel you deserve joy? If the answer is no, try and unpick your reasoning behind this, follow the bread crumbs. Why don't you deserve it? Does this stem from something in your past?

A reminder: we often think that by envisioning our moment of success, we jinx it. I want to suggest that instead we see the universe as a co-conspirator in our plans and dreams. Visualising these moments brings them closer. What you really want to do is what you're really meant to do.

If you are left feeling flat and empty after this journaling prompt, do not finish your journaling on a sour note. Go back to a method of self soothing and self care from the beginning of the Compendium and give yourself a paragraph of kindness and love.

The Final Prompt.

Oh babies, I'm sorry. I'm about to leave you high and dry. Because today, I'm letting you free. Sit for a moment, listen to your heart. What's happening inside? Then write. Freely. On whatever is close to you.

Over the last thirty days you have listened in, explored and excavated the miracle that is your soul. I hope that you understand how complex and unending you are. One of life's greatest joys is to get to know oneself. We are so complex, ever shifting, ever growing and every day I come to the pages I am surprised as to what I find there.

Today, I just want you to write. If you get stuck, write about how you are stuck, go back to a prompt that spoke to you. Just let the pen go free, and don't stop until something comes out. If you are patient, ink will spill.

I'm so honoured to have been on this journey with you. The morning pages released me of my chains. I cannot express how profound its affect was on my life. All the stories, all the pain I was wrapped up in and blinded by - were slowly but surely undone because I showed up every single day to my morning pages. And every single time I feel myself coming undone again, I can connect to myself and the divine within my journal and I am able to heal and grow again and again and again.

Yes, some stories take years to undo - but you deserve to be free of them. We need you in your entirety, you have so much magic to give.

Thank you for being here.

Amie x

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You are always welcome to share words from this book, as long as I am credited clearly.

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