

Anahata

REIKI & WELLNESS



"I AM WORTHY"

AN INTRODUCTION TO MINDFULL JOURNALING

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welcome!

Thank-you first and foremost for choosing me to help you get started (or restarted) on a meaningful, self-healing journaling practice to shed light on your truest thoughts, feelings and emotions.

Having started this therapeutic ideal at 9, I can't express enough what a gift it is to be able to work through situations, stuck emotions, trauma and pain; or express gratitude, goals and all the awesome things you love about yourself to create greater confidence. As the years went by, my journals became like old friends that I could reconnect with and reflect upon. They gave me insights I couldn't get anywhere else, and could see how much I had learned, changed and grown - as you will find for yourself.

The aim of these pages is to help you implement a meaningful practice that will help you work through whatever you are experiencing right now - the good and the bad. It will help you stay focused on your goals; work on your self-confidence and self-care; and raise your vibration by injecting positivity into your day because you are worthy of the best possible life you can imagine. While it seems like a lot of work, the goal here isn't pressure. So just flick to the pages that suit you most, and take them on with open arms like a loving, committed relationship with your most authentic self.

"Journal writing, when it becomes a ritual for transformation, is not only life-changing but life-expanding." - Jen Williamson

Ready to start?

The rest of these pages are yours, and yours alone. You can use them however you please; print extra copies or simply use them as prompts to write into your own diary or journal that already exists.

I hope you enjoy the ride, and all the wonder that comes from the progression of these pages - because you absolutely have the power to change your world!

Love & light,
Monique Elouise

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"I Am Worthy" | Mindful Healing
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this journal belongs to:

"A journal is your completely unaltered voice." – Lucy Dacus

A wonderful way to get started, is to think about your intentions and ask yourself:
"what do I intend to get out of this journaling practice?"
Be daring, be open, be honest - it's time to get vulnerable.

"remember why you started"

This is your chance to start changing your world from the inside out. It's your chance to start changing the stories you've been telling yourself, and to unlearn everything, from everyone that has told you what you **SHOULD** be, how you **SHOULD** think, and what you **SHOULD** deserve. The thing is, that **YOU** are the only one who has the power to decide that, and this is your chance to take back control in your life, break the old outdated habits, and dream about the life you've always wanted, so you can bring it into fruition.

Before you get started, tell yourself three times with ferocity:

"I Am Worthy"
"I Am Worthy"
"I Am Worthy!"



daily words

Date:

Time:

Place:

Feelings:

anxious, happy, calm,
stressed, angry,
apathetic,
sad, excited, energetic,
tired, meh, crazy, dull,
sparkly, amazing

Self-Love:

one thing I did really
well / I'm proud of /
love about myself today

Gratitude:

three things I'm grateful
for today (e.g. family,
health, job, home,
clients, fitness, food,
business, friends, nature
etc.

3 tasks I want to achieve today:

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negatives I can replace with positives | people, places, thoughts, events:

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be proud of
YOURSELF
for how hard you're
TRYING