

ENERGY PROTECTION JOURNALLING PROMPTS TO GET CLEAR ON YOUR ENERGY GAINS & DRAINS

With a heart full of love, trust, compassion & joy... journal on the following:

I DEEPLY LOVE & ACCEPT MYSELF
MY HEART IS OPEN
OPEN TO RECEIVE, OPEN TO GIVE

Right now, How is my energy feeling?

How can I show myself & others kindness today?

How do I balance showing others kindness & generosity while still prioritising my own self-care?
What can I do to ensure I don't "give from an empty cup" ?

More than anything, today, I am grateful for....., because.....

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With a heart full of love, trust, compassion & joy... journal on the following:

I POWERFULLY & CONFIDENTLY RELEASE THE OLD
THIS NO LONGER SERVES MY HEART
I STEP FULLY INTO LOVE, INTO FRESH NEW ENERGY

Do I possess any fears or limiting beliefs or old stories preventing me from accepting unconditional love?

How can I begin to release these fears, limiting beliefs or old stories?

More than anything, today, I am grateful for....., because.....

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With a heart full of love, trust, compassion & joy... journal on the following:

I am loved, I am loving
I am free, I am kind
Compassion radiates through every cell of my being

What are 10 things I love most about myself?

What self-care practices can I include in my daily life to show myself more love? To honour myself deeply?

More than anything, today, I am grateful for....., because.....

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With a heart full of love, trust, compassion & joy... journal on the following:

BREATHING IN I FEEL CALM,
BREATHING OUT I FEEL PEACE,
I FEEL PEACE RADIATE DEEPLY WITHIN

How can I cultivate a feeling of peace in my life?

What thoughts, words or actions bring the feeling of peace to me?

More than anything, today, I am grateful for....., because.....

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With a heart full of love, trust, compassion & joy... journal on the following:

I FEEL DEEPLY HELD,
LOVED & SUPPORTED
LOVE IS ALL AROUND WHEN I AM OPEN TO RECEIVE

What drains your energy?

What brings you incredibly joy? What feeds your soul & nourishes your energy?

More than anything, today, I am grateful for....., because.....
