

**2 WEEKS OF DAILY**  
*• Intuition •*  
**JOURNAL PROMPTS**

# *Why is Journaling so bloody important?*

From improved mental clarity, the ability to see our lives in the big picture, to serving as a piece of evidence cataloguing every success we've ever had; you get this all – and more – from the regular habit of journal writing.

It's been shown that writing our thoughts down helps us sort through the mental clutter and provide details on why we do what we do and feel what we feel. Through writing, we can empty the mind, allowing allocation of our precious mental resources to go to problem-solving rather than problem-storing.

If you've ever woken up in the middle of the night only to find the same thoughts playing on loop, preventing you from falling back to sleep, you'll know the frustration of mental clutter. If you've ever tried getting out a pen and pad to jot some of these thoughts down in the moment, you might have found this was the simple solution to sending you back to dreamland.

There's also the more 'woo' end of the journaling spectrum, which involves strengthening our ability to tap into and pay attention to our intuition; our inner guidance system.

And that's a great way to describe it: our intuition is like an internal sat-nav, which can – if we're tuned in – tell us exactly where we need to go. For many introverts, this isn't easy. Our minds get overloaded quickly: jam-packed full of whizzing thoughts and actually quietening them enough to sense our intuition is... not always easy.

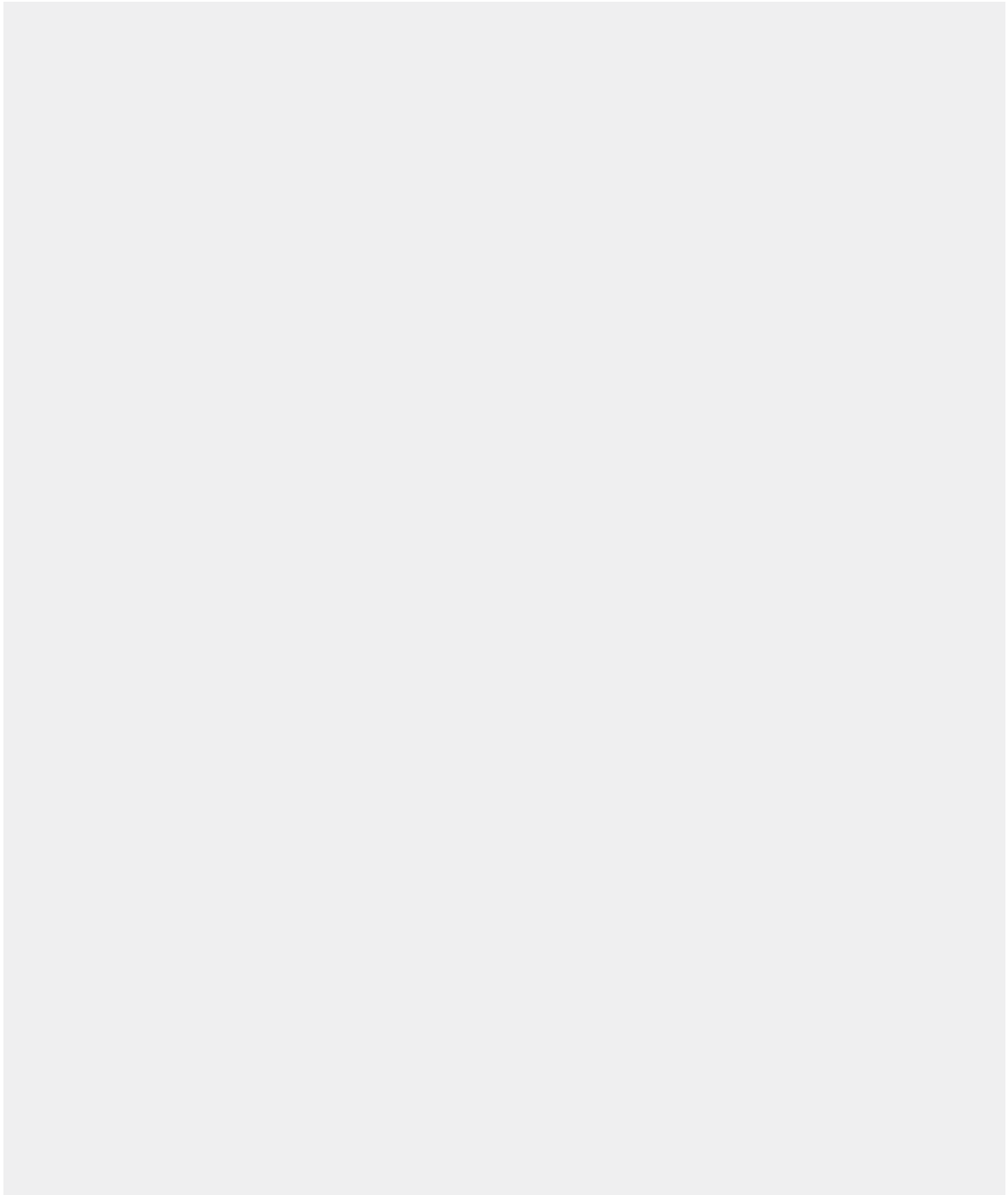
One thing that helps? You guessed it: journaling.

Like a muscle, intuition can be developed. It just needs some training and exercise, and journaling is one of the most effective ways of doing so. The problem is... What to write? I know I've felt a bit tongue-tied (or pen-tied?) when I've sat down to journal.

If you're not one for journaling (yet...) these prompts will give you a starting point – think of them as conversation starters between you and your intuition.

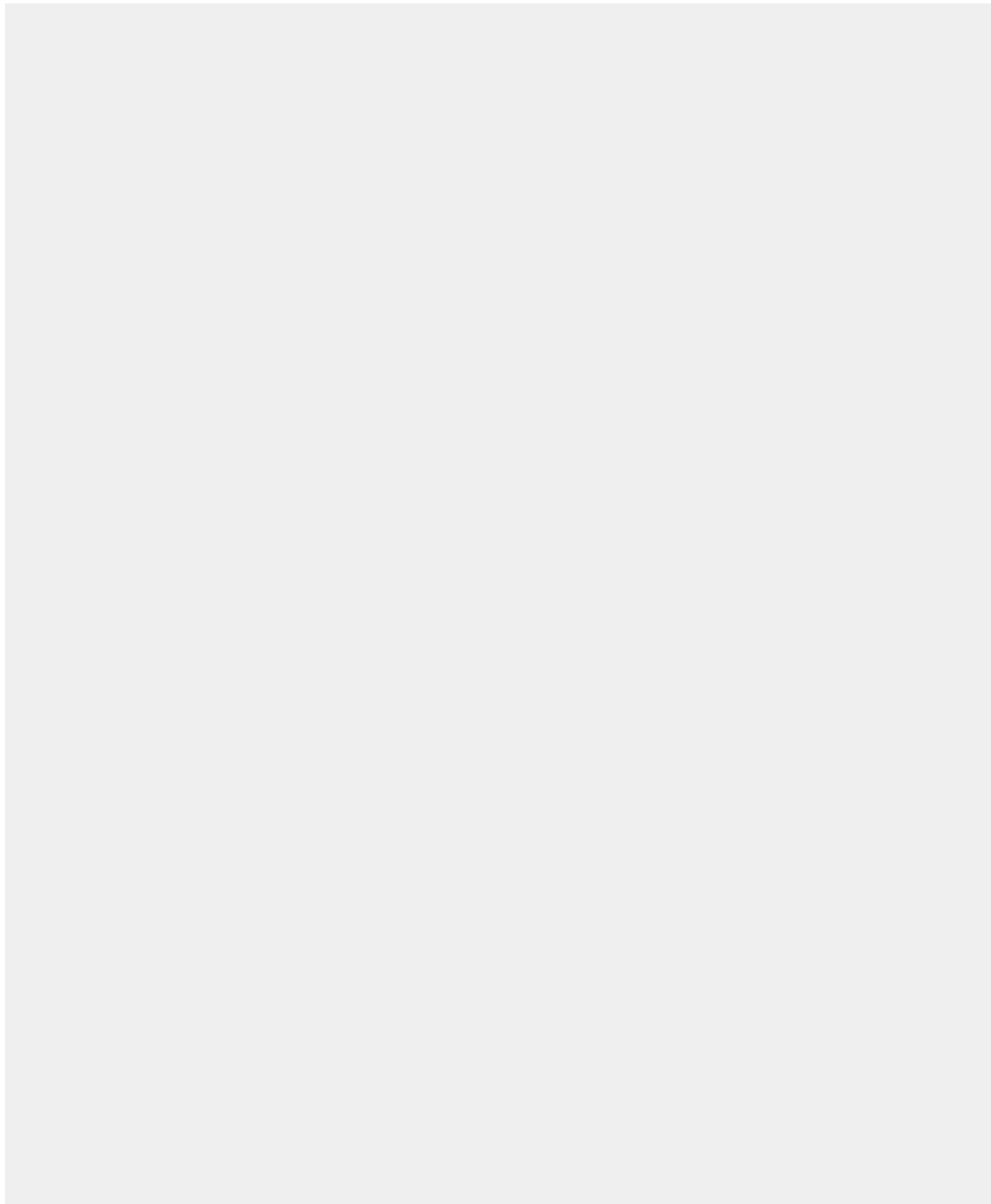
# DAY 1: WHAT IS IT IN ME THAT STANDS IN THE WAY?

We can't always blame external circumstances for our inability to get where we want to go. Often, there's something in us that is sabotaging our success – all in order to keep us safe. Could this be the case for you?



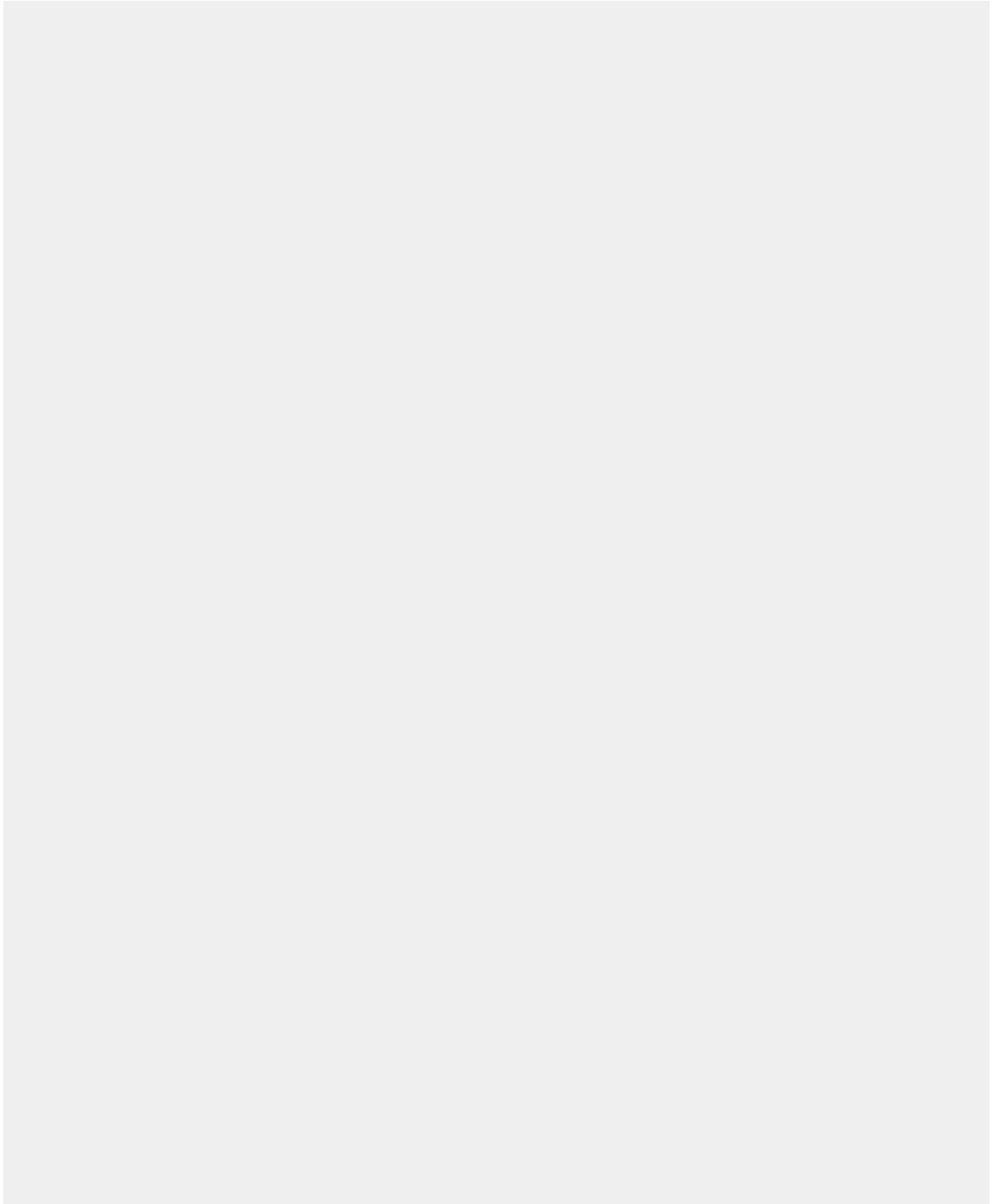
## **DAY 2: ARE MY GOALS MY OWN?**

Growing up, we're given advice and direction, rules and routines from our family, teachers, friends and community. This doesn't stop in the workplace or on a broader scale; the country we live in. To choose our own goals without following mindlessly the expectations of others takes a lot of conscious effort. But it can be done!



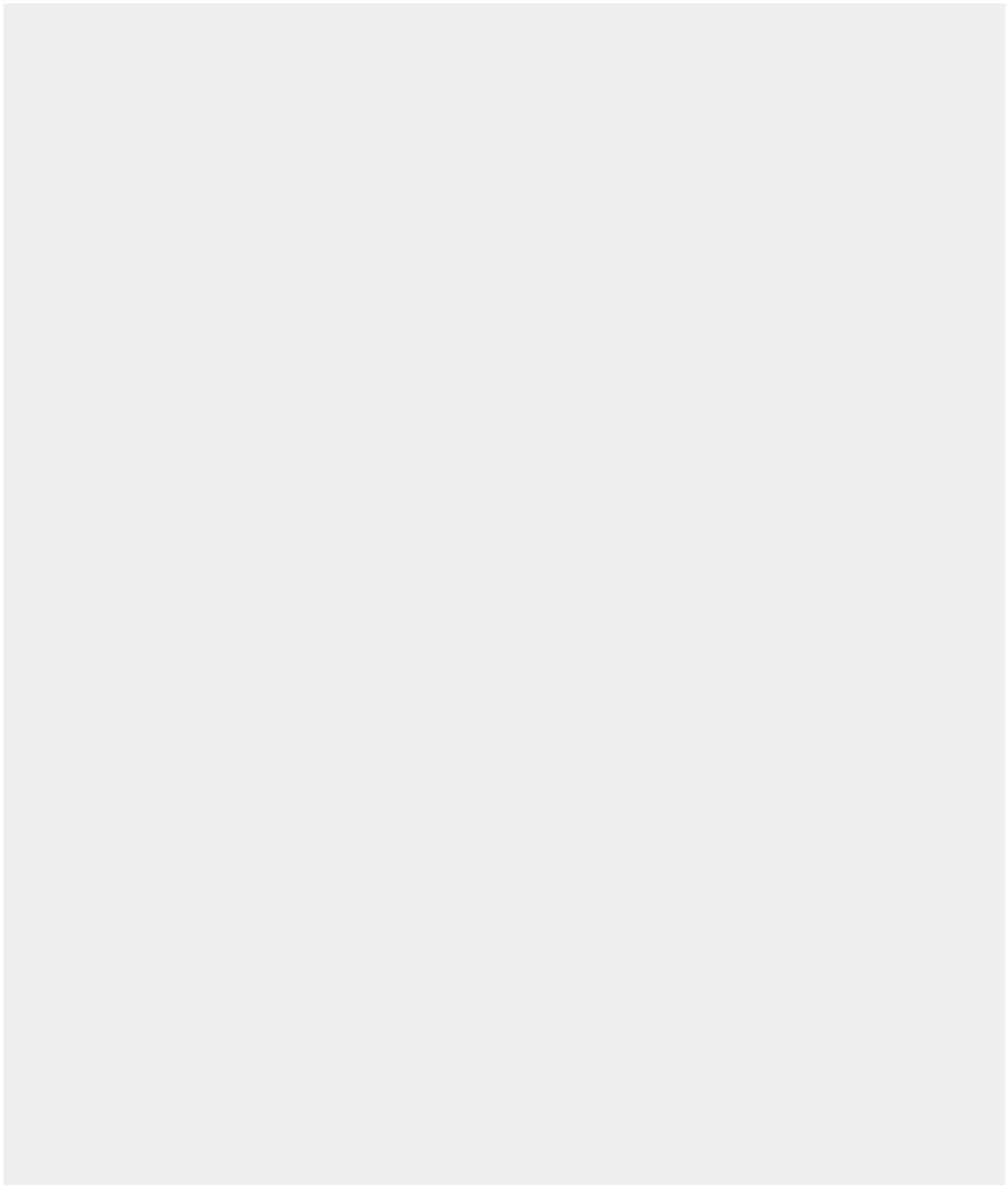
## **DAY 3: WHERE AM I OVER-PLANNING?**

Introverts are great at over-thinking things – which can be a true skill. But when we delay action because of our addiction to planning and ruminating, we miss opportunities in the present moment.



## DAY 4: WHERE AM I UNDER-PLANNING?

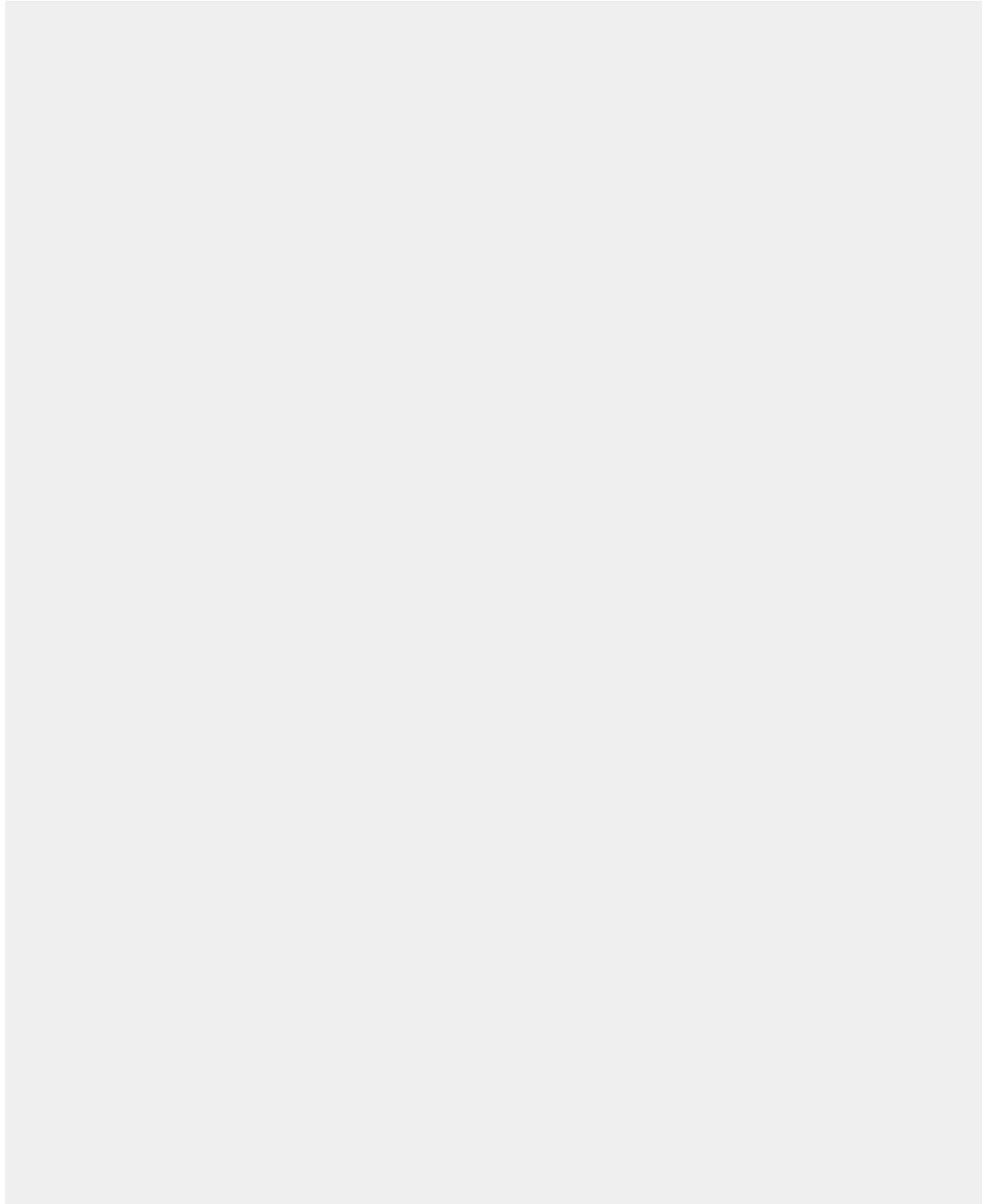
Just because we're prone to over-thinking, doesn't let us off the hook. Everyone is able to avoid or look away from the things that make us uncomfortable. The unknown is a great source of fear; and while we can't guarantee the future, we can do the best ahead of time to plan accordingly.





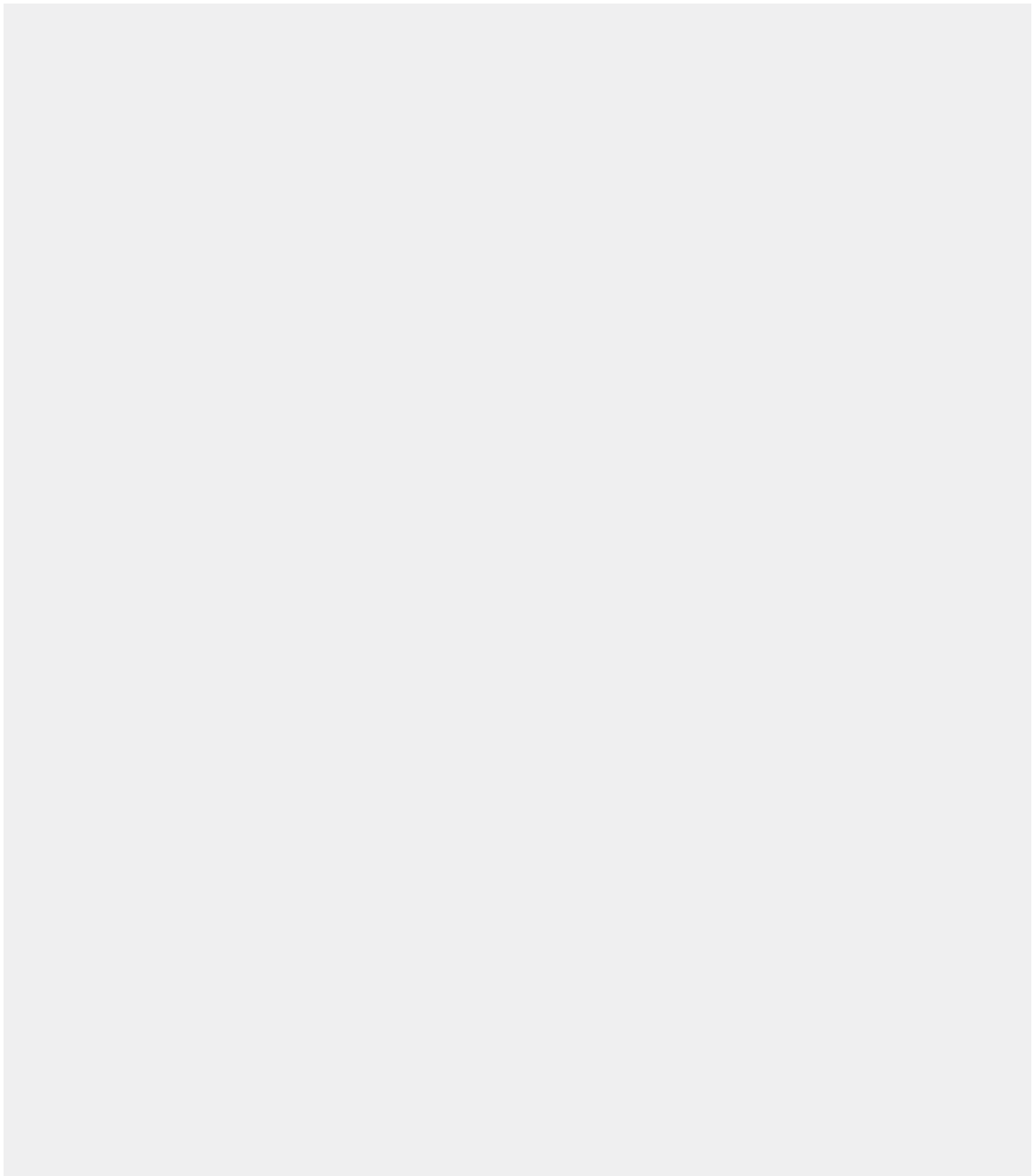
# DAY 5: WHERE CAN I SAY NO MORE?

Being easy going, wanting to please those around us and seem grateful for our opportunities are great qualities. But they can come at a cost. Our energy is limited and we are 100% responsible for how we spend every ounce of it.



# DAY 6: WHO CAN I ASK FOR HELP?

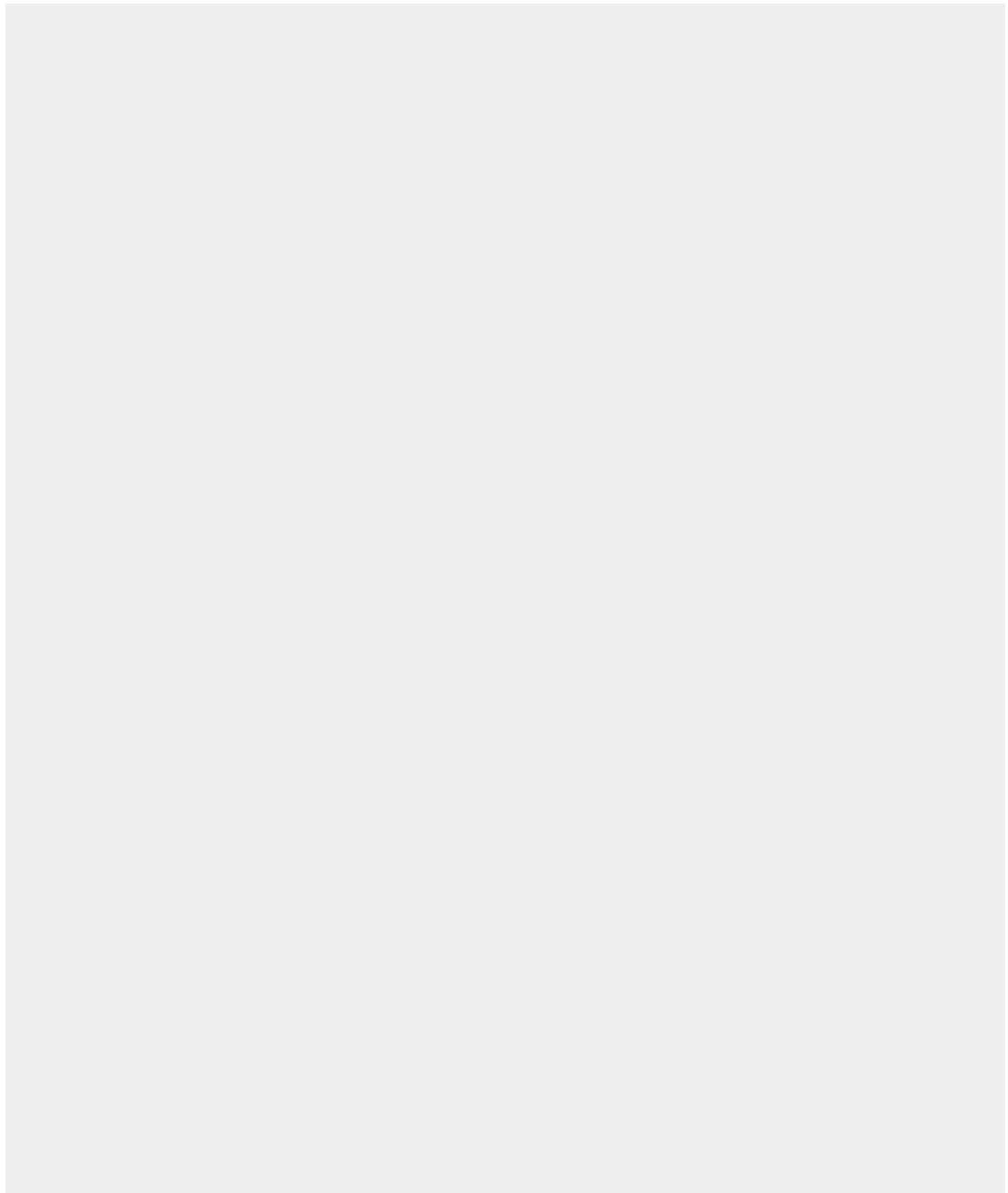
Asking for help doesn't come easy for the majority of us. We want to do it 'our way' and not be a burden to anyone. But asking for help is crucial to fulfilling our true potential. Ironically, asking for help today will enable us to help others in the future like nothing else.





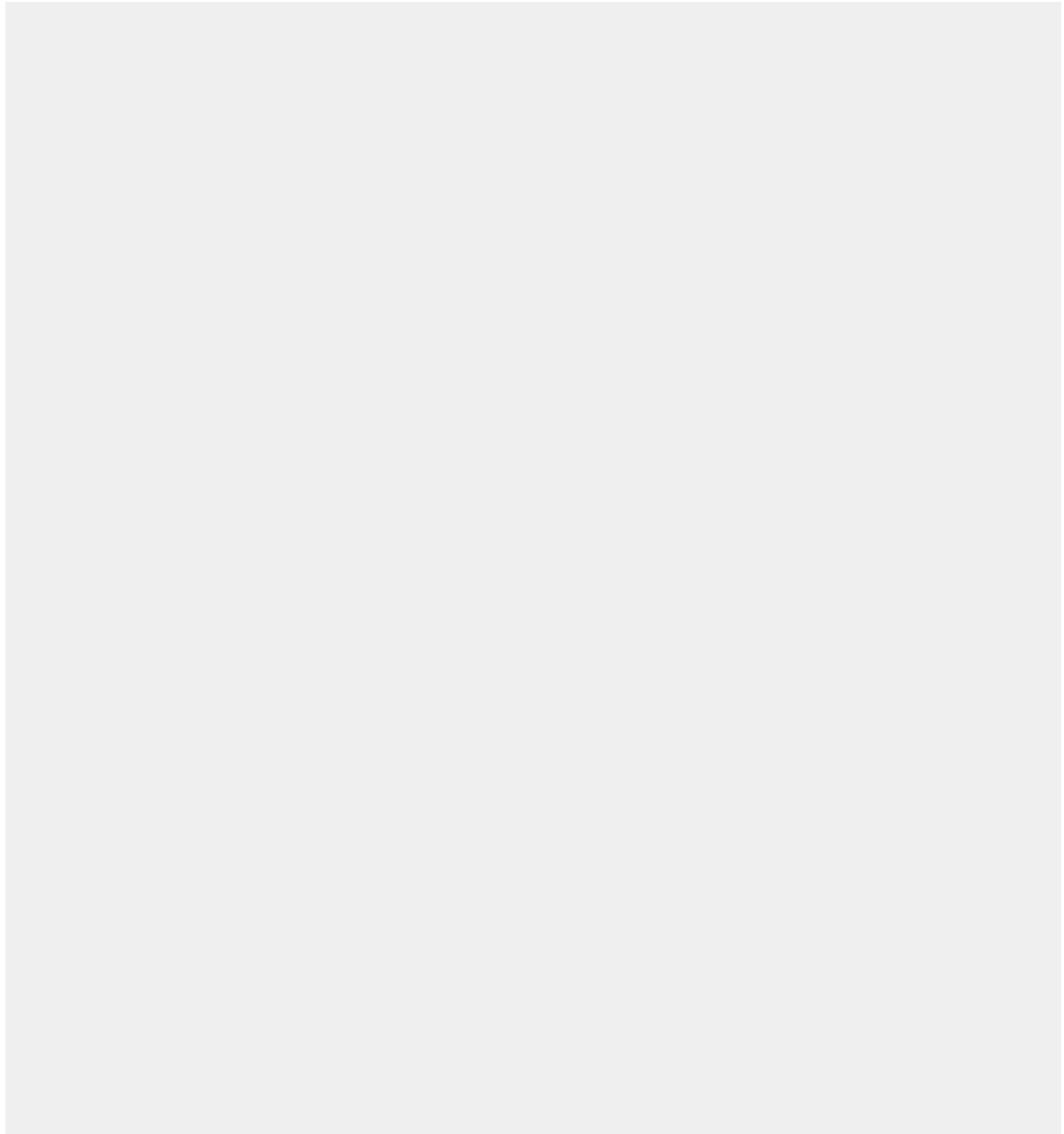
# DAY 7: WHAT SACRIFICE IS NECESSARY TO GET WHAT YOU WANT?

There's no such thing as a free lunch, the old adage goes. And it's true: whatever we want comes at some cost. What are you prepared to pay?



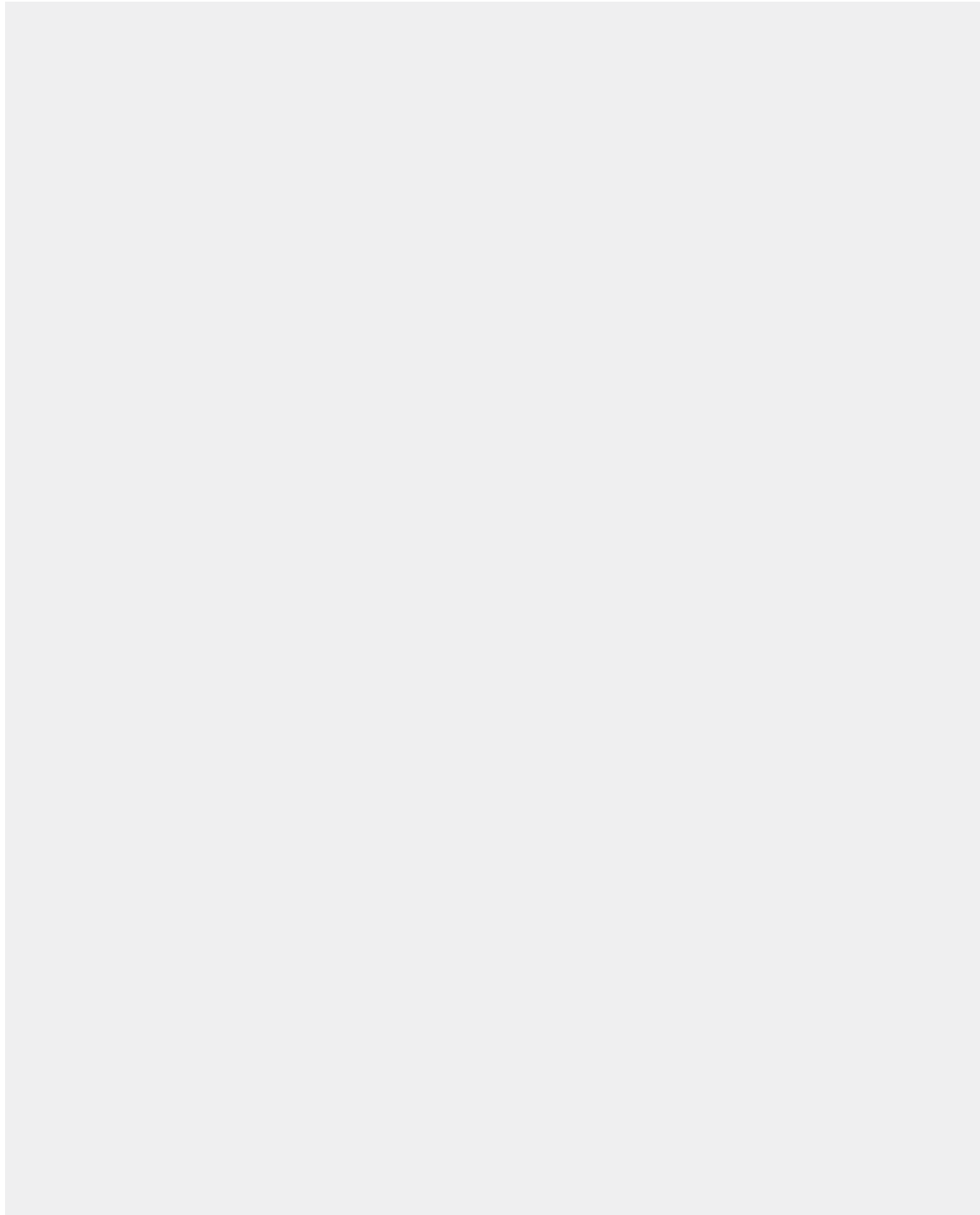
# DAY 8: HOW CAN I BE KINDER TO MYSELF?

Our harshest critics, bullies, judges are – more often than not – ourselves. We deserve to give ourselves unconditional kindness. Whilst this may not come easy, it can be practised and grown over time. If you're stumped for ideas, try a loving kindness meditation (google: *Metta*) to start.



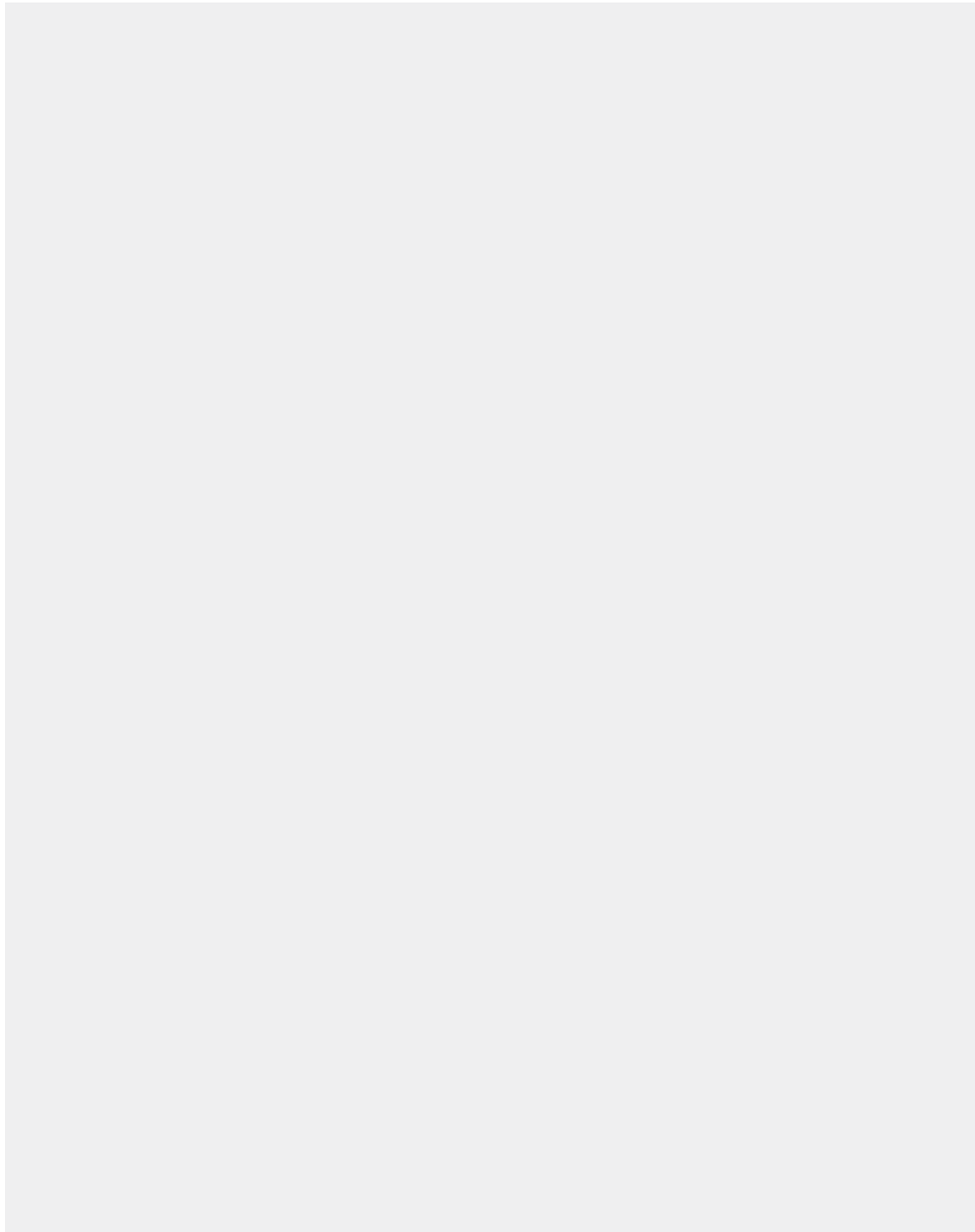
## **DAY 9: ARE THERE ANY DRAWBACKS TO GETTING WHAT I WANT?**

If you feel you're sabotaging yourself, what reason could there be?

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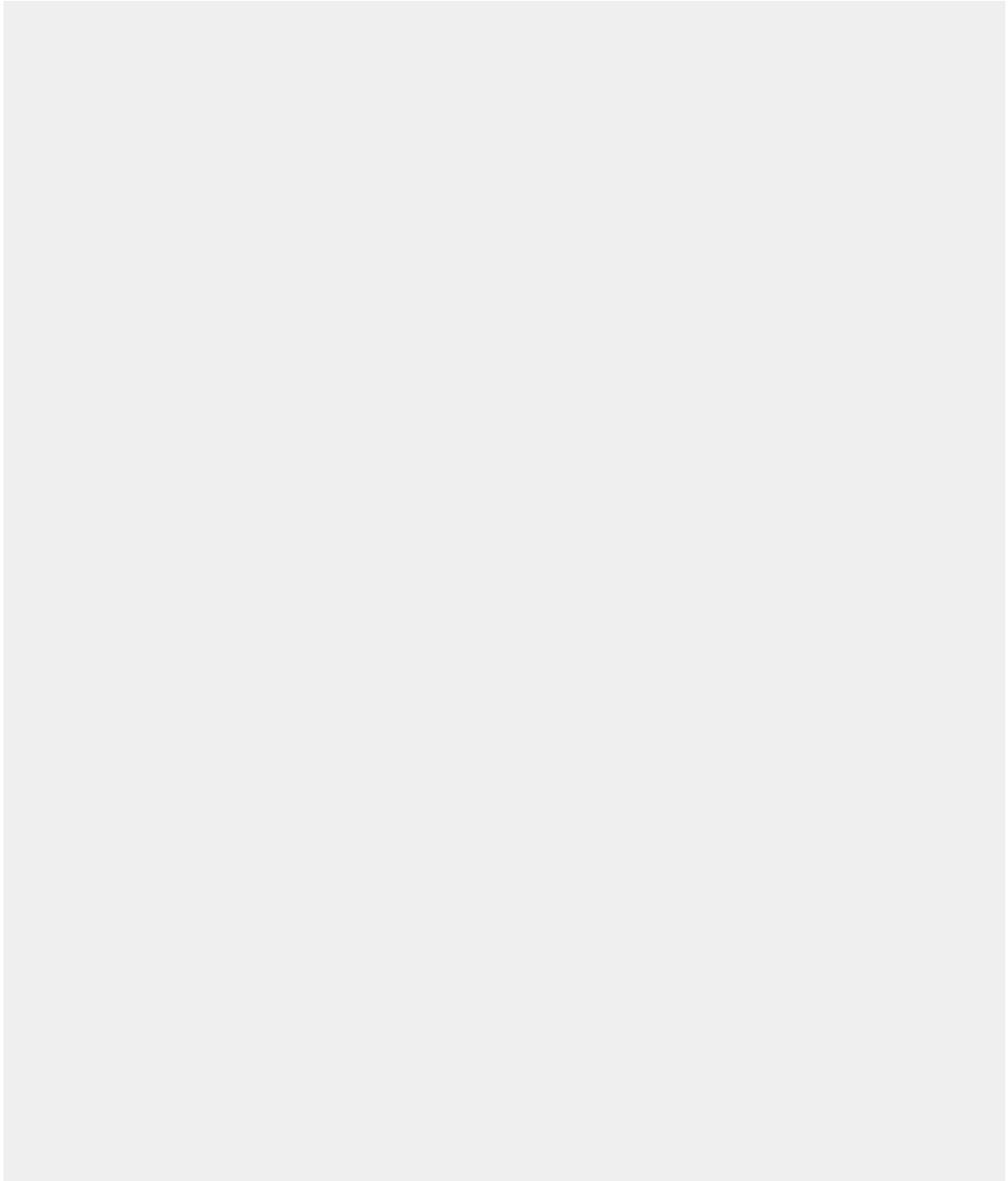
# DAY 10: WHAT UNHELPFUL PATTERNS AM I REPEATING?

Our days are made up of micro-patterns, things we don't even notice. Becoming aware of the unhelpful ones is a game-changer for moving forward.



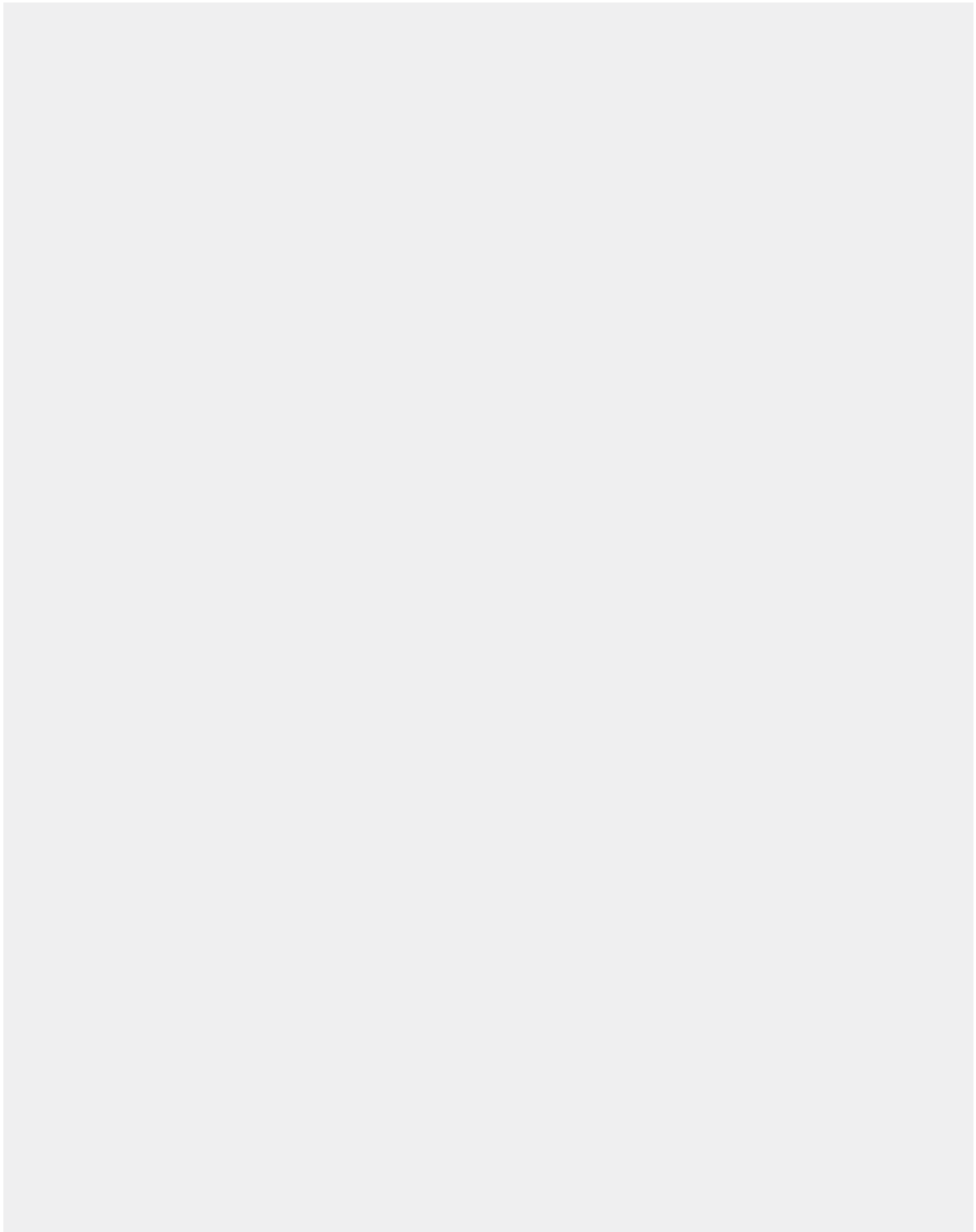
## **DAY 11: WHERE AM I SILENCING MYSELF?**

When something traumatic happens – big or small – we have an incredible ability to repress our responses to it; both physically, emotionally and mentally. Uncovering what we truly felt and want to say to others or ourselves takes time. Be generous with your time on this one.



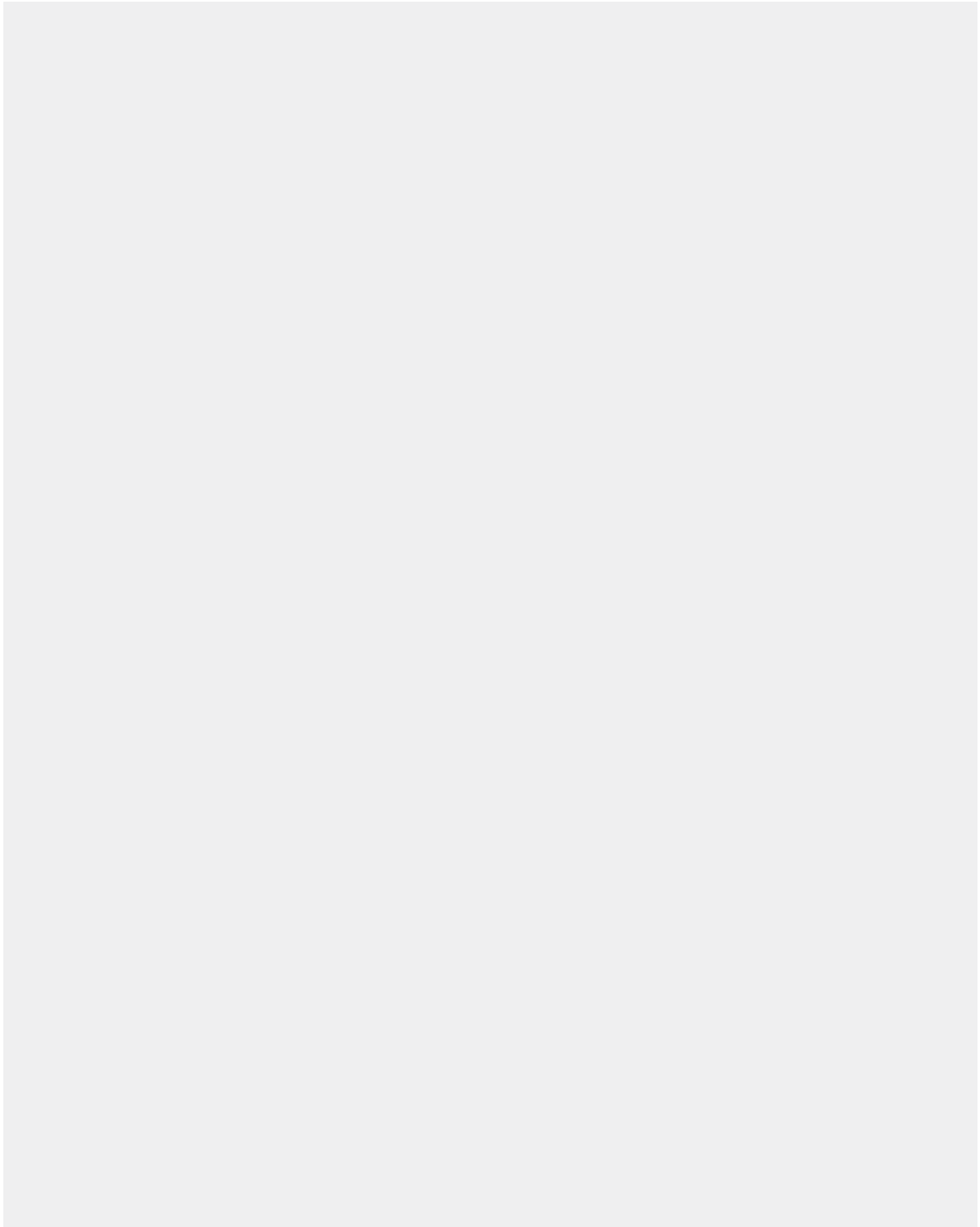
## **DAY 12: WHERE/WHEN DO I FEEL SUCCESSFUL?**

This is one of the best ways of tapping into your true calling. NOTE: 'success' is a word that is completely personal: make it mean what you want.

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## **DAY 13: WHAT CAN OTHERS LEARN FROM MY MISTAKES?**

The beauty in every- mistake we make is in the opportunity to learn; both for ourselves and what we can share with others. We're in this journey together.



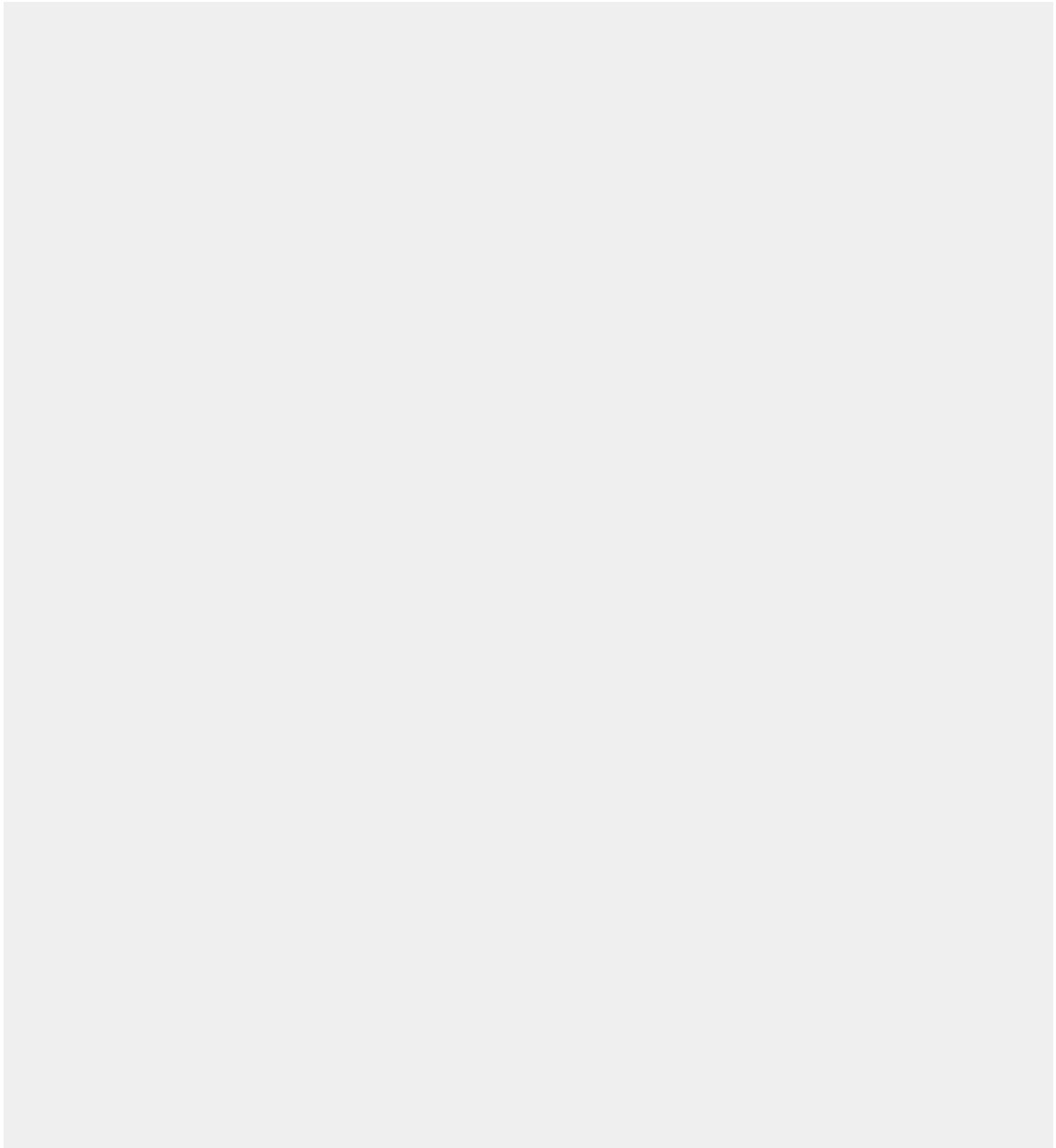


# DAY 14: WHO/WHAT AM I AVOIDING?

*“We need to learn from our shadow, from our dark side, in order to be good.”*

– John Bradshaw

When we avoid our shadows, we suppress our potential. Looking at what scares us, what disgusts us, what pains us – is key to understanding the opposite: what lights us up.



Any questions?

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