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Welcome to this month’s Soul Journal. I am so glad that you have taken time for yourself to sit down comfortably and acknowledge your mind and body, as well as offer space for you to connect to both and bring balance to your life. This Soul Journal offers you the opportunity to truly dig deep this month. If you find it uncomfortable, be gentle with yourself and take your time. If you need any support, please do reach out to me, I am always here.

*Many of the questions here are broad. There is no wrong or right answer, except what you are feeling and thinking. Whatever comes to mind when you read the questions, just let the pen flow.*

How does your mind feel at this time?

How do you feel in your body at this time?

When was the last time you felt truly connected to yourself in both body and mind?

Why do you feel drawn to clearing the mind and cleaning the body this month?

What has stopped you previously for minding your mind and balancing your body?

Write today’s date below:

The \_\_\_\_\_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_ (month) of \_\_\_\_\_(year)

I have asked you to do this so that in a few months’ time or a year’s time you can come back and see the progress you have made.

What do these words mean to you?

Clear Mind

Clean Body



What do you currently do to keep your mind clear?

How often do you reflect on how you are feeling emotionally and how you are thinking?

What are your repetitive negative thought patterns?

How do you feel in yourself emotionally when you think these thoughts?

Why do you think these thoughts?

Take each thought from above and reframe it into a positive and realistic statement. For example:

I never succeed. (Negative)

I am on the path to success. (Positive)

Often when we try to think a positive thought we don’t believe it at all and it becomes null and void before we even begin. Reframing thoughts can be a better way of doing this and makes it seem more realistic. If we take the above example, you are showing yourself that you can take steps to succeed as opposed to saying ‘I am successful’ because if you don’t feel successful this will feel like a false believe and be hard to say to yourself.

Please take your time now to go through each thought carefully and slowly and make sure to complete this exercise, no matter how long it takes.

Think of times that you felt overwhelmed, stressed, anxious or your mind was overthinking but you were able to eventually calm the mind. What did you do in those moments to calm the mind?

Can you do these things again when you feel any of the above feelings?

It is important to create things that feel good to you and that you know work. This will make it easier to calm and heal the mind.

Do you believe that people have intuition/gut feeling/instincts?

Do you believe that you have an intuition/gut feeling/instincts?

Do you listen to it?

If yes, why?

If no, why?

Your intuition will never lead you astray. It is the strongest voice of reason and your strongest connection to yourself. We often mix up intuition with what we want to hear and also with fear. I will teach you a powerful intuition exercise in our teachings this month and I hope it helps.

After you listen to this teaching, come back to your journal and use the space below to complete the exercise.



Take time now to write a letter of devotion to yourself in relation to Minding Your Mind.

I promise to mind my mind because…..



When you think and feel negative thoughts or emotions how do you feel in your body?

When is the last time you took time to really mind the body?

Do you like your body?

If yes, why?

If no, why?

This next section is around Trauma and Pain. If it feels too much for you to visit these emotions and feelings, please do skip this section. If you complete it and need support, please do contact me. I am not a medical, health or psychological professional and none of the contents of this Soul Journal are in any way under these areas. I can guide you to organisations that can help you if you need more supports. Thank you.

Have you experienced trauma in your life?

When you think of this trauma where in the body do you feel it? This might be new for you to do, take your time and breathe deeply in and out to help you sense where it might be in the body.

Do you feel pain in your body? Where is that?

Take a moment to connect to the pain in your body through deep breathing. Ask yourself is there an emotional reason behind this physical pain.

Do you feel ready to begin the process of letting go of trauma and pain from the body?

If yes, what vision of this would you hold for yourself and your body?

If no, take your time. This is a process. Just thinking about it and bringing your awareness to it, is so much work. Well done.

What do these words mean to you?

Nourishing my Body

Nurturing my Body

Do you nurture and nourish your body?

If no, why?

What could you do this week and this month to begin to nurture and nourish the body?



Take time now to write a Letter of Devotion to your Body.

I promise to nurture and nourish you because…..

*Thank you so much for doing your Soul Journal. I know this will benefit you in some way and you are fantastic to have taken this time for your body, mind and soul.*