

# Transformational Journaling Sheet

One of the most important practices that is available to us anywhere and anytime is Journaling. This is a simple practice with powerful results in clarity, serenity, empowerment and connectedness. Ten minutes a day can profoundly change your perspective and your life.

Try these simple steps to find guidance when needed, peace when anxious and connection when feeling alone.

**Step 1** Find a quiet space to sit and light some sage, incense or a candle. Take just a moment to create your sacred space.

**Step 2** Take some deep breaths and allow yourself to be in the present moment. If this is new for you, do not be discouraged if “quieting” your mind is challenging for you. It will come.

You can do “ratio” breathing to help gather all your attention and energy by counting to 5 or 6 or more as you inhale and then counting the same as you exhale. Do this several times until you feel the calming effect that comes with deep breathing techniques.

**Step 3** Begin to journal. Write what you are thinking, feeling or wondering about. Just let the words flow. Let go of any beliefs about doing it “perfectly” and just let the words, worry, questions, feelings, thoughts flow freely.

Once this feels complete, let yourself connect with your Higher Power, Spirit, God or whatever this energy is called for you. Take a couple minutes to breathe into this spiritual connection.

Now, take a moment and write from this loving energy. What are the most loving words, thoughts and affirmations that this energy has for you. Let the blessing in.

