

A start to journalling

1st journalling questions

- What is my biggest fear?
- Why is it my biggest fear?
- What is the perfect future that I desire?
- How can I meditate and visualise it?
- What are the 3 biggest fears or ways that I hold myself back.
- What is the opposite of each one of those?
- What is an affirmation that affirms the opposite?
- How can I think, feel and behave differently to produce this effect/result that I want?
- What does my perfect life look like in 10 years? GET Detailed
- Who do I need to BECOME in order to create this perfect life?

Night time journalling questions

What is 1 thing I am really please with about today?

What has happened today that I need to let go of?

What am I feeling and Why do I feel this way?

- what are you feeling? Angry / sad / anxious / worried
- Why do you feel like that?

What am I focusing on or fearing?

- I am scared that I will fail
- I am scared that I won't be able to pay the bills
- Im focusing on all the bad in the world

What is the opposite of what I fear?

- I will be a huge success!
- I will make more money than I ever need!
- There is a huge amount of good in my world!

What empowering questions do I need to ask to reinforced the opposites?

Empowering questions do exactly that, they empower you, they are ones that big you up, they only focus on what you are good at, why you are a good person and why you will do the things that you want to do.

What good qualities do I have?

What reasons would someone hire me?

What makes me a good person?

Why will I make loads of money?

What have I done that will mean I do get an amazing job?

Really go into detail on these answers, find all your reasons why you WILL