



*The Celestial Sanctuary*

JOURNALING

.....

*Workbook*

Writing prompts to support your journey.

[www.thecelestialsanctuary.co.uk](http://www.thecelestialsanctuary.co.uk)





## Why Journal?

1. To help you deal with big feelings - a private journal can be a safe place to write down those feelings. You may wish to keep it private or you may wish to discuss what you have written with a friend or relative as sometimes it can be easier to talk about big feelings with written prompts.
2. You can build on your writing skills - although we don't care about grammar and punctuation too much here. It's more about creativity and reflection.
3. Write what you like - you might want to write a letter to someone (and probably not send it!) or record observations or questions. The list is endless. You can use the prompts provided or make up your own pages. Up to you!
4. The more you journal, the more you find it easier to process 'stuff' - I used to write conversations to myself as a teenager and you know what? I always gave myself great advice! Once I got the hang of it, it was easier to do this 'in the moment' in my head and I didn't always have to write it all down.
5. Tap into your higher wisdom - I believe that we have a higher consciousness which is objective and not influenced by our egos! Journaling allows us to tap into that while we are in the writing zone.





## *What do you want to release?*

Choose your own writing prompt or use one of mine. Block out some time in a quiet spot and clear your mind to let the writing flow.



## *From the heart*

When you journal, your writing comes from your higher consciousness which always has your best interests at heart. Your higher self is always full of love and encouragement for your next steps and it loves to share this with you!



## *Let it flow*

Don't worry about spellings, punctuation or grammar, instead, let your writing flow naturally. No one is going to read it. It is yours alone.



# The Journaling Cycle

*Use this cycle to support your process.*







# Your Shadow Side

*Draw and label your shadow side. what are your positive and negative traits? How could you turn any negative traits into positive ones? For example 'bossy' can be reframed as 'strong willed'.*













[illegible]

Date \_\_\_\_\_

[illegible]



Have you ever over reacted? What caused this reaction?  
What is the root cause of the issue?

Date \_\_\_\_\_

[illegible]



[illegible]

Date \_\_\_\_\_

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. On the left side, there are decorative elements consisting of overlapping circles in shades of pink, red, and yellow. On the right side, there are similar decorative elements in shades of pink and orange. The overall design is clean and modern, suitable for writing or drawing.









Describe a situation where you were not true to yourself or put on a 'mask'.

Date \_\_\_\_\_

[illegible]

[illegible]

Date \_\_\_\_\_

[illegible]



[illegible]

Date \_\_\_\_\_

[illegible]

[illegible]

Date \_\_\_\_\_

[illegible]





[illegible]

Date \_\_\_\_\_

[illegible]







# Reflection Page

*You may want to use this page to draw or write a reflection after completing one of the prompts.*





# I'm Lynn How...



Thank you for downloading my eBook all about journaling. I hope you have found it useful. I would love to hear about your experiences!

As an author, journaling is a huge passion of mine and has helped me over the years to reflect on and sort through some big situations and feelings. When I can't make sense of an issue, this process allows my higher consciousness to support me. All the best answers come from within and sometimes having a written conversation with yourself is all you need!

## ...LET'S KEEP IN TOUCH

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