

The 9 ESSENTIAL Questions For You To Journal On To Create What You Want In ANY Area Of Your Life.

This Journalling Process Will Transform Your Life From Confusion, Overwhelm and Frustration To Passion, Certainty and Abundance So You Can Have It All!



Journalling is such a powerful tool!

Often journalling is seen as a way of dumping out all that is in your mind - a stream of consciousness and just putting the pen to the paper and seeing what comes out.

That's hugely powerful and I would recommend you do that every day.

Today, my Soul needs to express that.....

However, below is the **MOST POWERFUL process** I use every day (It's also one of the key things I used to transform my life to be able to enjoy my life the way I do today)

Journal on these questions **EVERY DAY**.

Your responses will change. They will evolve as you evolve.

You will release whatever you need to today and you will embed your new way of BEING.

SO, LET'S GET GOING:

Consider each question quickly and then write out the prompt and continue writing! (At least half a page for each)

1. What are the fears and anxieties you now choose to release?

I release fear around.....

2. What is the 'thing' that I am avoiding that I know needs to be done, dealt with etc?

To be true to me, I know I need to.....

3. What is it the I know I need to finally let go of?

Deep in my Soul I know I want to let go of.....

Now, this next section is about **CREATING your life and what you want:**

4. Each day I want you to think about the life that you want, and write out a picture and create a statement that says it all! (YoU can change this whenever you feel like it, to reflect a different area of your life)

If I was THAT woman.....

e.g. If I was THAT woman, the successful \$1m business owner who is making s massive impact in the world, traveling the world who has homes to the house of her dreams, has the healthiest body and mind and lives in ease and flow, WHO WOULD I BE?

5. If I was THAT woman, what would I be my aligned thinking?

As THAT woman my thoughts are....

6. If I was THAT woman, what would I be feeling?

As THAT woman my feelings are....

7. If I was THAT woman, what would my beliefs be?

As THAT woman my beliefs are....

8. If I was THAT woman, what would my aligned actions be?

As THAT woman my actions today are....

9. If I was THAT woman, what would I be doing just for me today?

As THAT woman, Today, just for me I will be.....

If you journal on these questions EVERY morning for the rest of your life, your life, business, relationships, health... well, EVERY area of your life will become all you have imagined and so much more!



Check Out Karen's Story and Her Work:

www.karenoates.com

[Karen Oates - Awaken Your Soul Queen](#)