

Free Guide

"Healing Journaling Starter Kit:
A 7-Day Guided Journal for
Emotional Renewal"

It will be up to you to venture
through the gaps in time where
change is waiting.




HEALING JOURNALING STARTER

KIT:

A 7-Day Guided Journal
introduction for Emotional
Renewal."

With daily prompts, reflection
exercises, and tips to help you get
started.





It is behind
the closed
door we
hold more,
where you
must go to
grow!

Kerri Elizabeth

Gratitude journaling Day 1

Choose 3-5 things you're grateful for daily. This starts the day with reminders of what is already present.



Often we take for granted the things that are already presently in front of us. Always reaching for more can often blind us from celebrating what we have already accomplished, both deserve recognition.



Emotional Check in Day 2 :

Reflect on your current emotions by identifying them and stepping into their significance.

What emotions am I feeling right now?

Are there any specific triggers or events that have influenced my current emotional state?

*How do I feel physical in my body right now?
(tension, tightness, warmth) associated with my emotions?*

How am I coping with these emotions, am I holding them in, expressing them outwardly or seeking support from others?

Example: I'm feeling anxious, I have so much to do and I haven't created a plan of action and I know why, I am not planning time to write and be clear on my goals, I'm spinning in circles.

Example: I have too many responsibilities and not enough time, I know I need to clarify my goals and schedule my day and follow it. I need to see where I am not utilizing time for my benefit and be clear on whether I am sabotaging my goals or accomplishing them.



Allow yourself to enhance your awareness of your emotions and understand their underlying causes.

Example: I notice I am taking care of everyone but myself and blaming others for being overwhelmed.

While acknowledging your emotions, also feel its impact on your well-being. This is where change starts.

Example: I haven't been making exercise and nutrition a priority and I feel exhausted and unmotivated.

Motivation is generated by action.

Forgiveness Practice Day 3:

This type of journaling can serve as a letter addressed to someone you seek to forgive or release from your life, or it can adventure into the concept of self-forgiveness.



What specific actions or behaviors from this person have I continued to hang on to?

How have these actions impacted my emotions, thoughts, and well-being?

What emotions arise when you think about this person?

Am I willing to do the work it takes to release and heal?

Consider writing a letter addressed to yourself or _____ (a break-up, family member, friendship) to confront emotional attachments, identify lingering feelings, and empower yourself to move forward confidently.

Example: _____ *I am ready to acknowledge and let go of the blame and shame I have been carrying from you and to you.....(continue)*

Example: *I am ready to let go of allowing these emotions to sabotage my path to emotional healing.....(continue)*



I am only in control of me not you.

Self-Compassion Exercise

Day 4

Compose a compassionate letter to yourself, recognizing the challenges you have faced. Approach it as you would write a letter of kindness and encouragement to a friend.

Example: *Hi beautiful friend, I hope your day has started out wonderful, Im thinking about you and want you to know I see you and all you are doing and all the changes in your life. You are doing amazing, how can I help you move closer to your goals?*

I see your consistency in making your health a priority and I want to honor you for the hard work. I see you and love you.

You are more than you thought defined you!

Future Self Visualization

Day 5

Envision your future self and document the necessary steps to progress towards that vision. As you journal this exercise, tap into your purpose, and articulate the reasons and methods through which you will achieve your goals.



What are your current dreams and aspirations?

How do you envision yourself evolving and growing over the coming years?

What steps are you taking now to support your personal growth and development?

Example: Dear Future Self,

As I write this letter, I envision you, my future self, living a life filled with purpose, joy and fulfillment.

Your relationships are deep and meaningful, filled with laughter, understanding and unwavering love.

Professionally I see you.....

In personal growth I see you.....

Your dreams and aspirations

What are your current dreams and aspirations?

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What steps are you taking now to support your personal growth and development?

Reflective Writing Prompts

Day 6

I have added a few sample questions to inspire you to reflect on your accomplishments and challenges that have lead you into new personal growth patterns.



What is a crucial lesson you have learned that has profoundly impacted your life?

How have previous mistakes or failures influenced your present beliefs or behaviors?

Can you reflect on a challenging period in your life and outline the pivotal factors that guided you through it, or detail any new skills acquired during that period that continue to benefit you today?

Future Self Reflection Day 7

Reflect on your transformed self, envisioning healing and well-being by picturing yourself with renewed energy and resilience. Embrace self-love and acceptance, embody balance and harmony, and nurture every aspect of your being.

Allow yourself to be empowered with an inner peace and fulfillment. Celebrate that person as if you are already there.



How do you feel emotionally when you wake up each morning, knowing that healing and well-being are already present in your life?

Identify specific goals and intentions you have been successful with.

Example: *I am practicing self-compassion by being kind and gentle with myself, especially during challenging times. “I am right where I need to be to get to where I’m going.”*

Example: *I am in an increased awareness recognizing and acknowledging my own feelings without judgement. “I feel ” vs. “I shouldn’t feel.”*

What steps can you take today to move closer to your future aspirations?

What emotions do you experience throughout the day, knowing that you are supported and nurtured with your own inner peace?



**You are on a journaling roll now
keep writing!**



With Love, Kerri Elizabeth

Email me at Kerrissunshine@gmail.com for questions or
comments