

BRINGING IT ALL TOGETHER

What will you do with all that you now have?

What?

What came up for you?

What did you notice (repeating shapes, themes, words, symbols, sensations, emotions etc.)?

So what?

What have you learned/discovered (i.e. your lightbulb moments)?

What did this journaling practice help you to do/ move towards/ achieve?

Now what?

What's new/ changed/ different (behaviours, attitudes, beliefs, perceptions etc.)?

What will you be moving forward with? What will you revisit?

What are you ready to lovingly release?