



your awakened heart

Journal Your Way into Clarity

These journal prompts follow the five pillars of the CLEAR framework: Centering, Letting Go, Elevated Emotions, Attuning, and Restoring. Use them as gentle invitations back to yourself, one reflection at a time.

Centering

- When do I feel most connected to myself?
- What does 'being present' look like in my everyday life?
- What signals tell me I've lost my center?

Letting Go

- What am I holding that no longer serves me?
- What am I afraid will happen if I release control?
- What would letting go look like in a loving way?

Elevated Emotions

- When was the last time I felt joy without effort?
- How can I invite more gratitude or compassion into my day?
- What emotion do I want to feel more often, and why?

Attuning

- What is my body trying to tell me that my mind tends to override?
- What would change if I truly trusted my inner knowing?
- Where in my life am I forcing instead of listening?



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Restoring

- Can you remember a time when you felt innocent, whole, or fully yourself-before the world told you who to be? (Let that memory speak to you.)
- Who in your life reflects something beautiful or true that you'd like to discover in yourself? (What does their presence awaken in you?)
- What would it feel like to live from a place of enoughness-not as a goal, but as your starting point? (What might shift?)