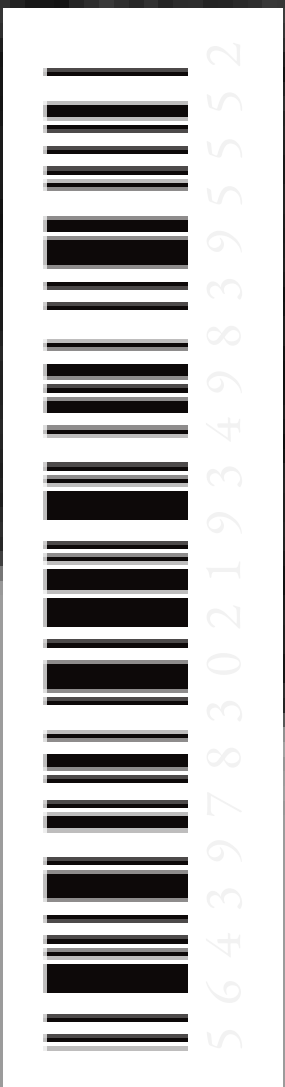


SIGNATURE

2025

*you hold the pen.
you write the story.
no more shaky signatures.*



SONDERED CO.

Copyright

Copyright © 2025 Sondered Co. This product is for personal use only. Any items included may not be copied, distributed, altered, or resold in any form. No part of this document may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without the prior written permission of the author. Requests to the author and publisher for permission should be addressed to sonderedco@gmail.com.

A restless feeling that just won't quiet?

Knowing there is more to life but find yourself stuck in the "cookie cutter" lifestyle, craving more. Know there is more to life but not sure where it is or how to get it. Knowing there is magic to life but aren't sure how to activate it.

Yeah I've been there.

Let me tell you a secret: the knowing, the magic... it's within.

You already have it inside you. As a child you had big dreams. The possibilities were endless.

Do you remember?

But then "real life" happened and we shape-shifted into the boxes provided for us. But your dreams never went away. They hid for a while, biding their time. Waiting for you to find them again.

Within these pages, this journal will guide you through a transformation like no other by supporting you as dive deeper into your soul, dreams, and desires. All so you can live a soul-led, dream-filled life created by YOU!

How to Use This Journal

These journaling prompts are designed to give you the guidance and support you need to move forward on your soul's path. They are designed to guide you into uncovering any blockages (conscious or unconscious) and blasting through them, illuminating your soul's path, embodying your highest self, and sharing your magic.

Keep in mind that some of these prompts ask you to get real down in the mud. To move forward in our lives, we must first let go of the things that are holding us back. This requires deep inner work that, while difficult, will be the catalyst for change.

How you work through this journal is up to you. Feel free to use this journal like an oracle, randomly choosing a prompt for the day. You may also work through the prompts in order or choose a topic that resonates with you the most.

I do, however, have a few suggestions for you when it comes to journaling:

- If you are using your own journal, get one you actually love, not one that you picked up randomly. Having a journal you love will make journaling more enjoyable. The same thing goes for your pen. Get yourself a good pen.
- Journal in the morning and evening on the same prompt. This way you can take a look at how your thoughts and feelings changed (or didn't change) throughout the day.
- Take a look at your entries and notice any patterns that comes up: what actions or thoughts precede certain energetic or emotional states?
- Challenge your thoughts. Where are these coming from? Are they coming from a place of love, gratitude, joy? Or anger and sadness? Are these thoughts coming from your Ego or from yourself? It is important that you write down all of the thoughts you have before challenging them. This way you can notice any patterns in things that your Ego is telling you.

More Guidance

Here are a few more recommendations for you to get the most out of this:

Shifting

Every so often, STOP working on these journaling prompts and ask yourself what guidance you have received so far. Where have I shifted? How do I feel different? How do I feel the same? Check in with your next steps, look at where you are being held back, and discover what you can do to change your energy.

Remember that the progress is just as important as the goal. Take the time to celebrate every single shift you have accomplished!

Write letters or stories to yourself or others.

That person that hurt you that one time? Write a letter to them to tell them how you feel and how that thing affected you. That person who did a wonderful thing for you? Write a letter to tell them you are grateful. Your ego holding you back from doing something new? Write a letter to tell it that things will be okay, despite the unfamiliarity.

The Power of Words

Take the time to notice the words you are writing to yourself. What are they? How do they make you feel? Do these words make you feel good about the way you are talking to or about yourself? Would you use them to talk about someone you love?

For example, some words that I have taken out of my vocabulary are "just" and "I don't know". When I used the word "just" it made me feel small and invisible. I am neither of those things! I am here! Loud and magical! I also realized that I was using the phrase "I don't know" as a cop-out, a way to turn away and not confront the things that needed confronting, a way to stay in my comfort zone even though it wasn't what I wanted.

Now take a moment to think about how you can change the words you are using. The words we use are SO powerful and they affect the way we think and feel about ourselves and others. Take a moment to recognize where you are letting your words control your thoughts and feelings and make note of where you need to shift.

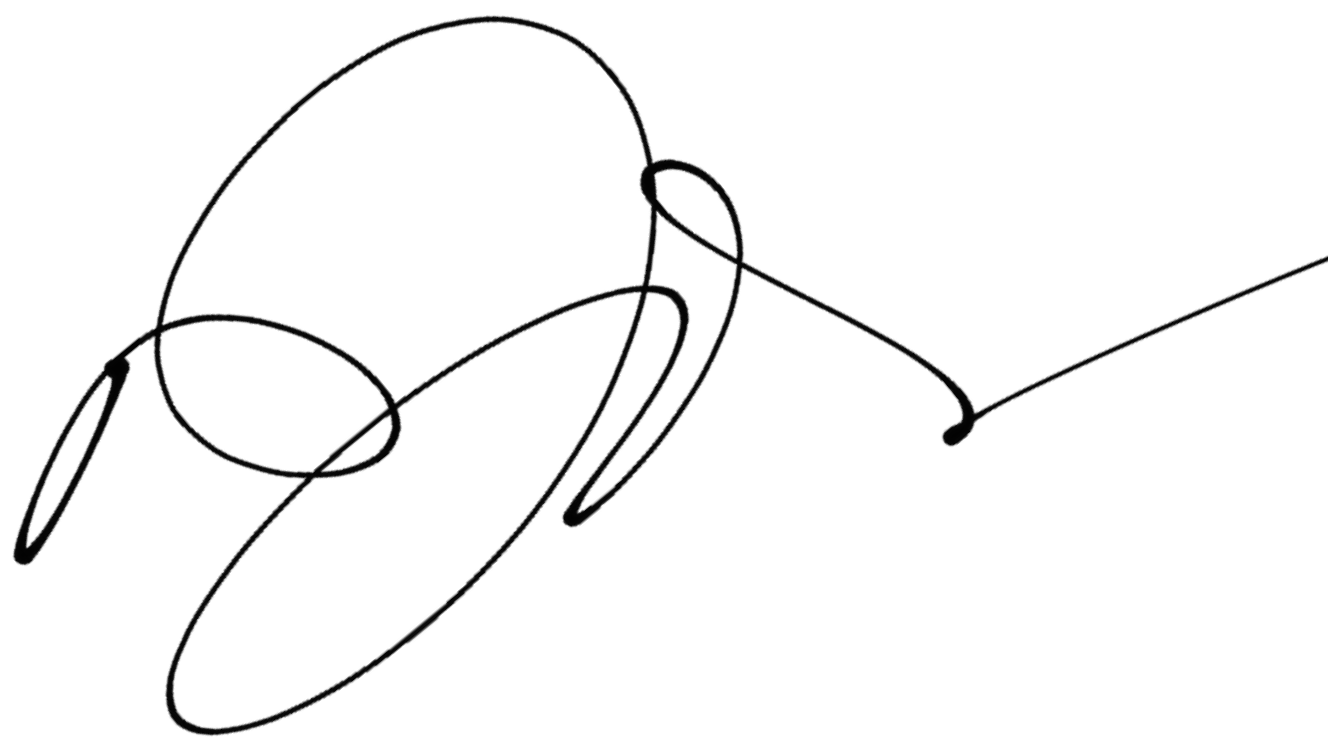
Signature

a person's name written in a distinctive way as a form of identification

from merriam webster:

the act of signing one's name to something · the name of a person written with his or her own hand --something (such as a tune, style, or logo) that serves to set apart or identify

also: a characteristic mark



You came here with a purpose, with passion, with a mission. You came here with a signature.

A signature that you've used before having signed your soul contract to be a part of this 3D world, in this human form, having this human experience at this moment in time.

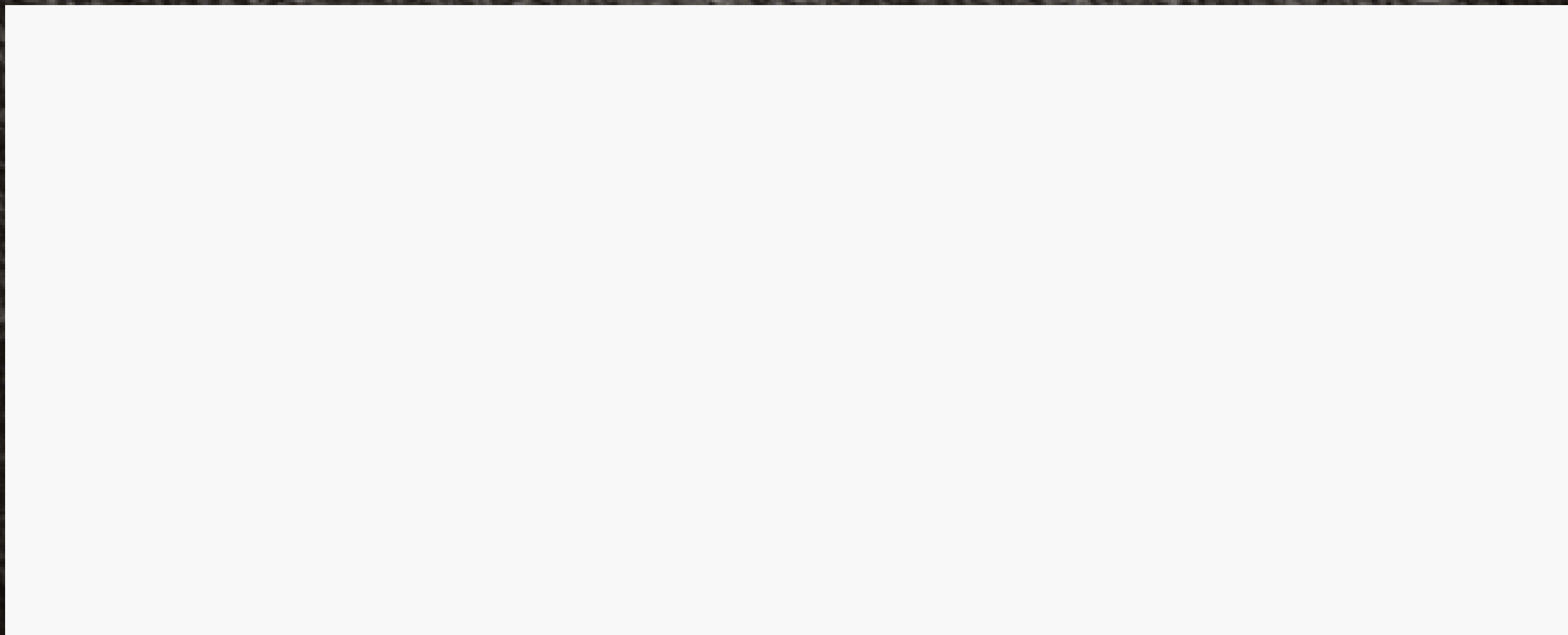
This is a signature that you have used before. *Your capital S Self signature.*

yourself = your human experience, who you've been taught to be, the version of you walking single file, completing self-fulfilling prophecies


your **Self** = your capital S Self, your soul Self, the version of you that is living from desire and heart, the version of Self you came here to be

Which signature do you want to use? self or Self?

What does my capital S Self look like? What is she wearing?
When is she most confident?



Who do I want to be? How do I want to feel?
What energy is my capital S Self available for?



How does my capital S Self show up for herself?
How does she love herself?

A large, empty white rectangular box intended for handwritten or typed responses to the questions above.

What does my capital S Self's energy say? How do people
respond to her? How does she respond to others?

A large, empty white rectangular box intended for handwritten or typed responses to the questions above.

Take this space you have created within and fill it up with the capital S
Self version of yourself. How can you start showing up as her?

A large, empty white rectangular box intended for writing or drawing, occupying the central portion of the page. The box is completely blank and serves as a space for the user to respond to the prompt above.

0 1

INTRODUCE YOURSELF

In order to shift your reality, you must first have a good grasp on what your reality is.
So, I want you to introduce yourself.

And not just the surface-level introductions you give people when you meet them through a friend of a friend of a friend at a coffee shop.

Write out a full page (or 17, whatever works for you) on you >>>

What do you look like?

What do you like about yourself? Dislike? Why?

What do you like to do?

Do you have a family?

What things have you done that you are most proud of?

What is the most significant thing that has happened in your life and how did it impact your life?

What makes you happy? What makes your soul shine?

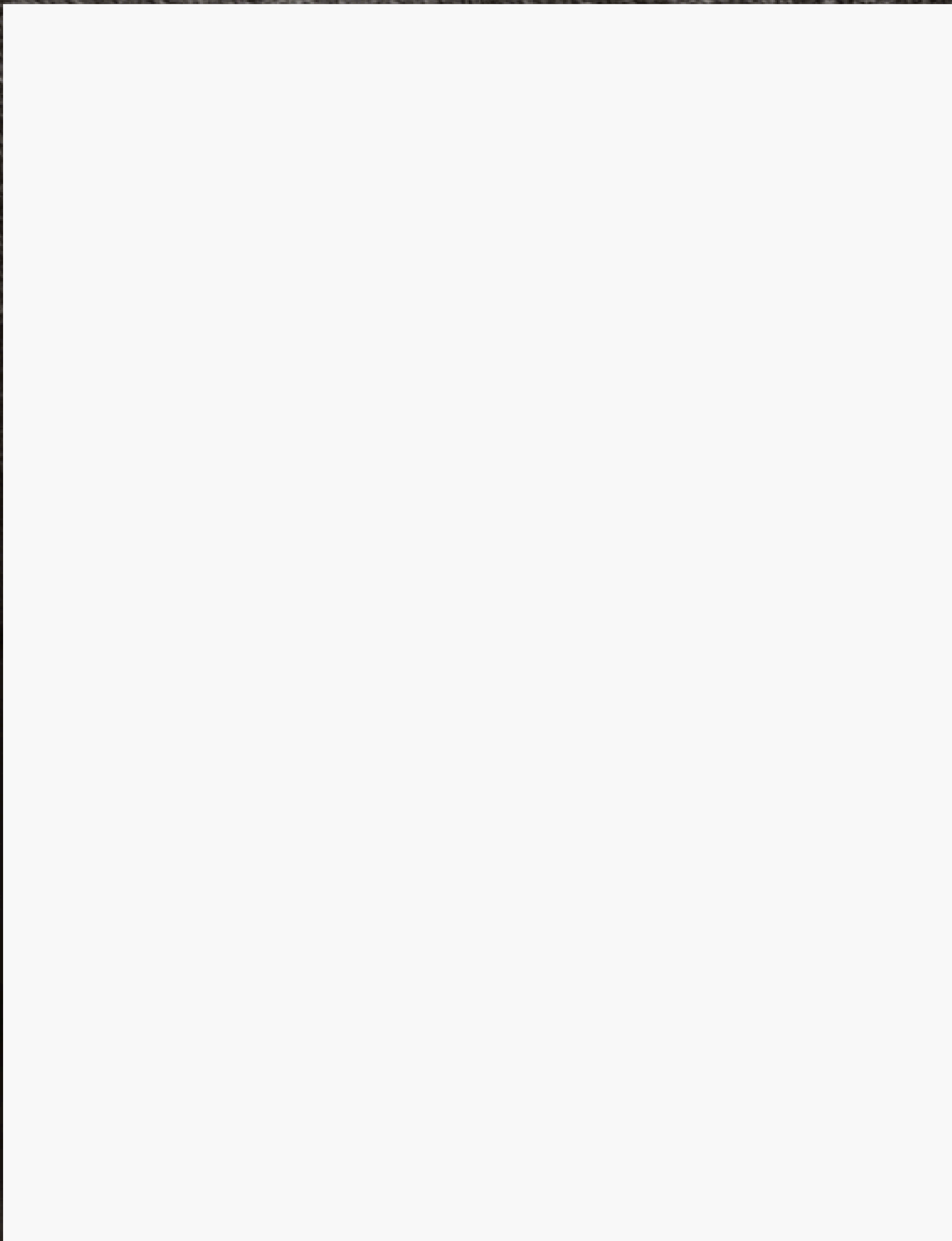
What do you want out of life?

If you could reincarnate as any animal, which animal would it be and why?

Think outside the box!

Take note of the things you readily tell people versus the things you wait to tell people versus the things you have never told anyone about yourself. Do you notice any patterns? Why do you tell what you tell, and hold back where you hold back?

pondered.co





0 1

A LETTER TO MY FUTURE SELF

Now that you've introduced yourself to present you, let's see what future you will look like.

Here I want you to **write down anything you want your future self to know**, along with any aspirations you have.

Dive deep. What do YOU really, really, really want in your future? Without thinking about other people in your life (we'll get back to them later), let your wildest dreams flow from your pen onto the paper.

Here are some questions to consider:

What do I want my future to look like?

What I want to learn about myself and my path?

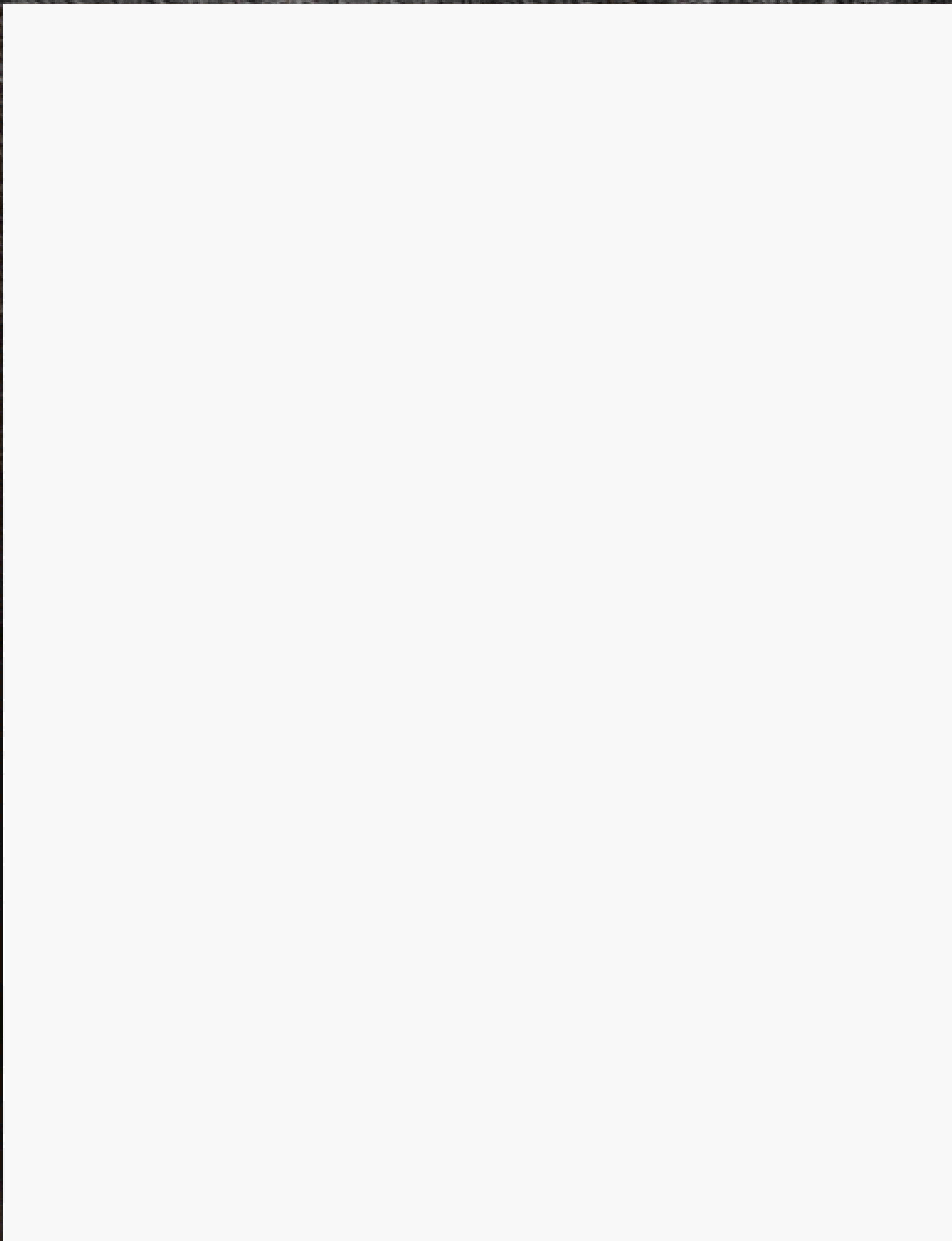
What do I want to learn from my past, how it impacts my present?

What can I bring with me (from my past and present) to my future?

What are my goals with this program?

Where am I right now in _____(love, career, finances, etc).? Where do I want to be?

What do I want myself to know in the future?



THE SELF

Journalling is a great way to get to know yourself.

It seems silly to say that we don't know ourselves but there really is a lot to learn.

Most of what we know about ourselves has been taught to us by other people. We are shaped by the environments we grew up in and the people closest to us. We are shaped by society and the "right way" of living life.

By the time we were in our early teen years, we had unlearned everything we knew as a child. We no longer connected with our intuition, were buried underneath a mountain of school work and extracurricular activities, and were being asked to choose a path for the rest of our lives.

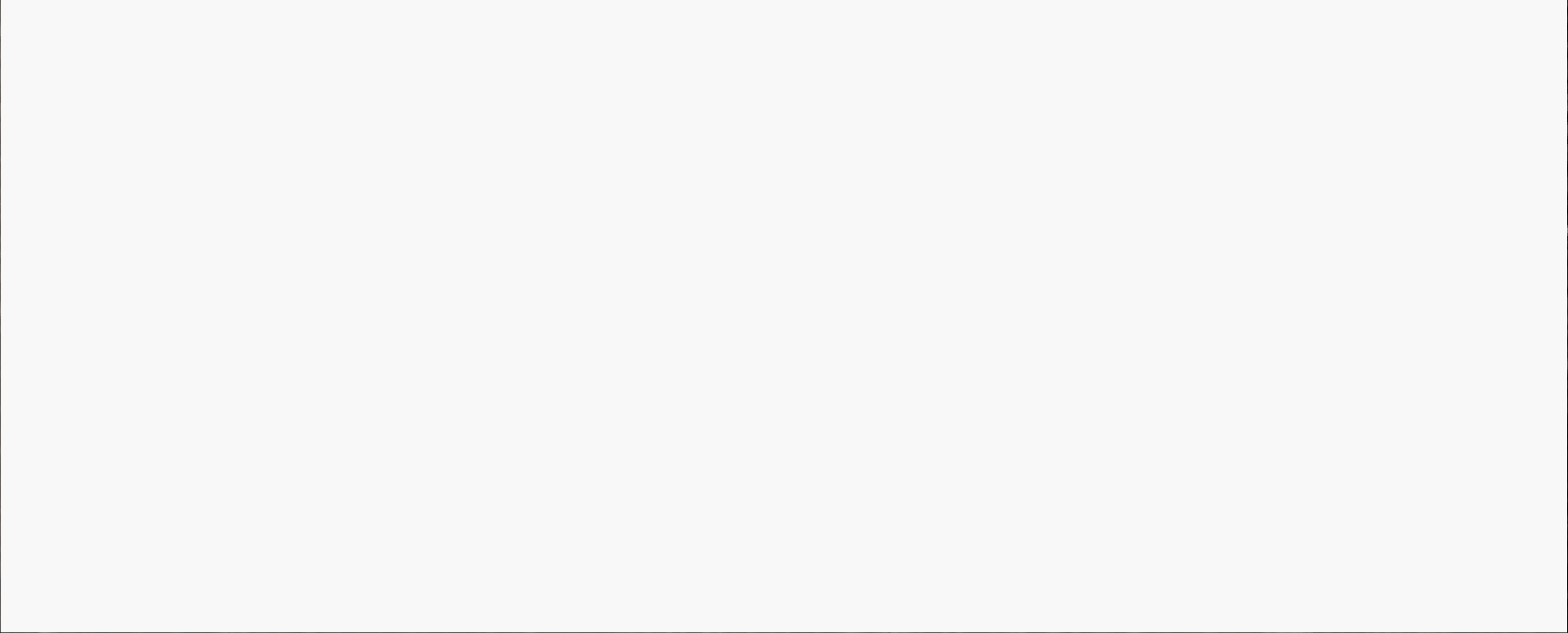
In this section, you will dive deep to uncover your truest self so that you can illuminate your soul's path, ignite your passion, and begin to embody your highest self.

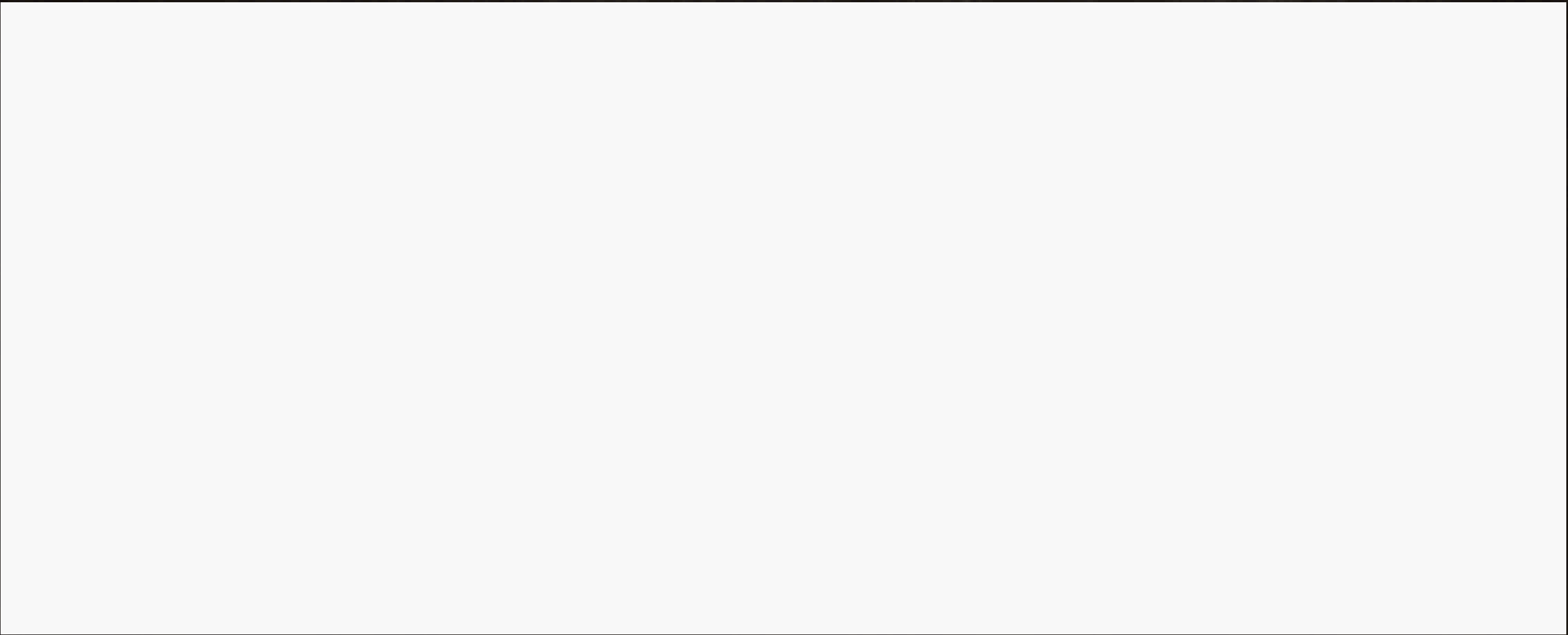
Where am I holding back on expressing myself fully? What do I
NEED to say, not WANT to say?

A large, empty white rectangular box intended for the user to write their response to the first question.

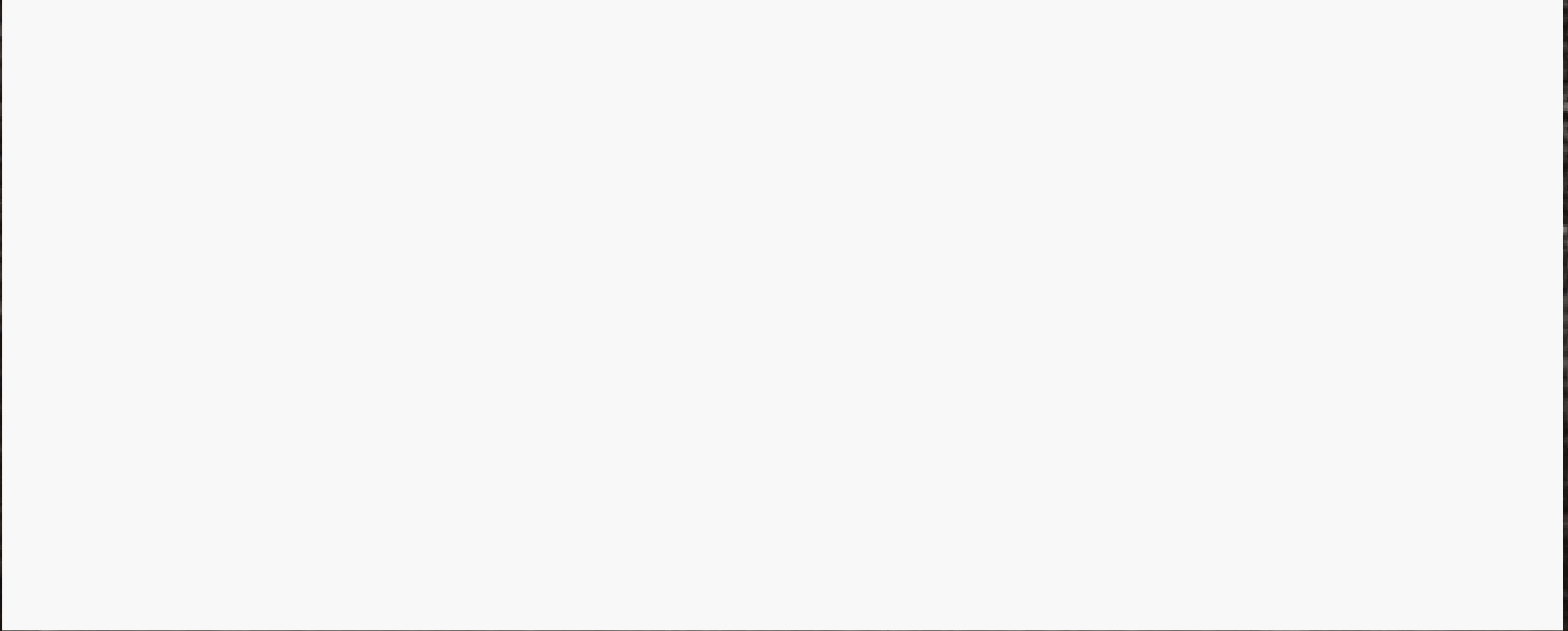
Where is my ego holding me back? Where am I staying in place
because it is familiar and comfortable?

A large, empty white rectangular box intended for the user to write their response to the second question.

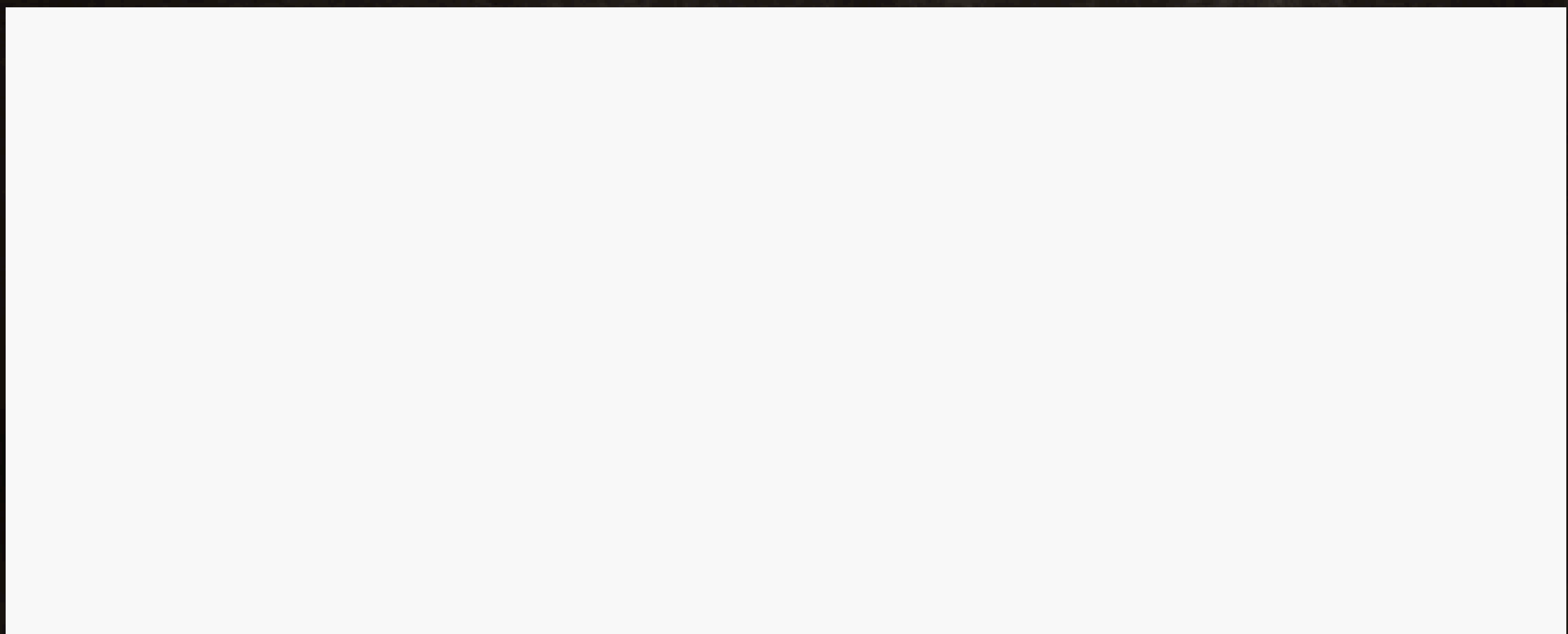
Where am I feeling too grateful? Grateful to the point that I am not allowing myself to fully express my thoughts and feelings because "I should be grateful about *this*" 

Where can I set better boundaries? Where do I say "Yes" when I should be saying "No"? Where/who gets most of my energy? Do I get back as much energy as I put in? 

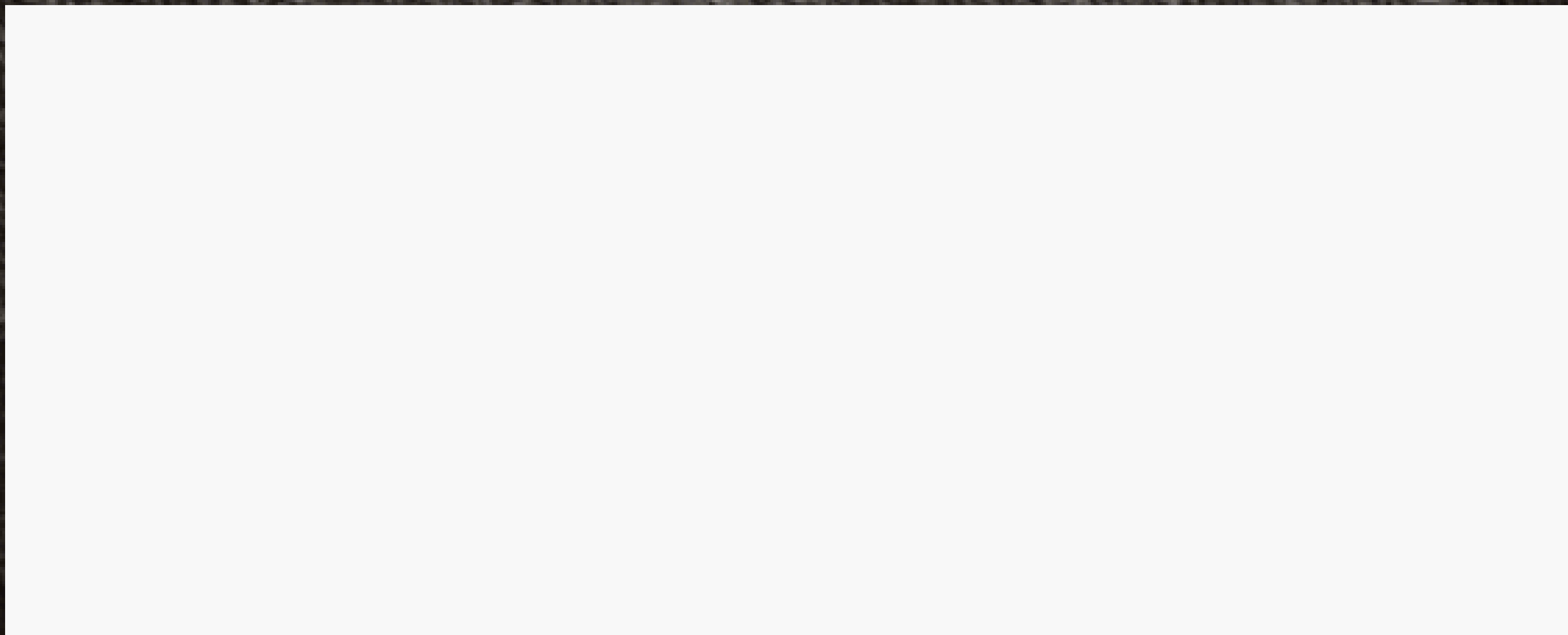
How am I changing myself so that I don't upset others?




Write out a self-care routine. What are things I can do EVERY DAY to show myself some love, relax, and rejuvenate. Remember: self-care is not a special day of the week or “making time” for it. It's a lifestyle.



Stand in front of a mirror and talk to yourself. What do I want myself to know?



Where do I need to lay the foundations for something new? We often wait for someone else to lay the foundations but sometimes it is up to us to get it done.



Envision yourself as a warrior or as the highest version of yourself.
What do I look like? What is my power? How do people respond to me?

A large, empty white rectangular box intended for the user to write their response to the first set of prompts.

Write out 5 things you don't like about yourself. Why don't I like them? Who told me not to like these things? Do I want to change them or am I changing them because of the opinions of others?

A large, empty white rectangular box intended for the user to write their response to the second set of prompts.

Write out 10 things you like about yourself. Why do I like them? How do these things make me feel? How do I share these qualities with others?

A large, empty white rectangular box intended for the user to write their responses to the first prompt.

Which was easier? Writing out the list of things you like about yourself or don't like about yourself? Write about which was more difficult and why!

A large, empty white rectangular box intended for the user to write their responses to the second prompt.

LETTING GO

This is where you take a look at the things that no longer serve you. The things that no longer resonate with you.

Remember, some things in your life now cannot come with you into this new chapter and that's okay.

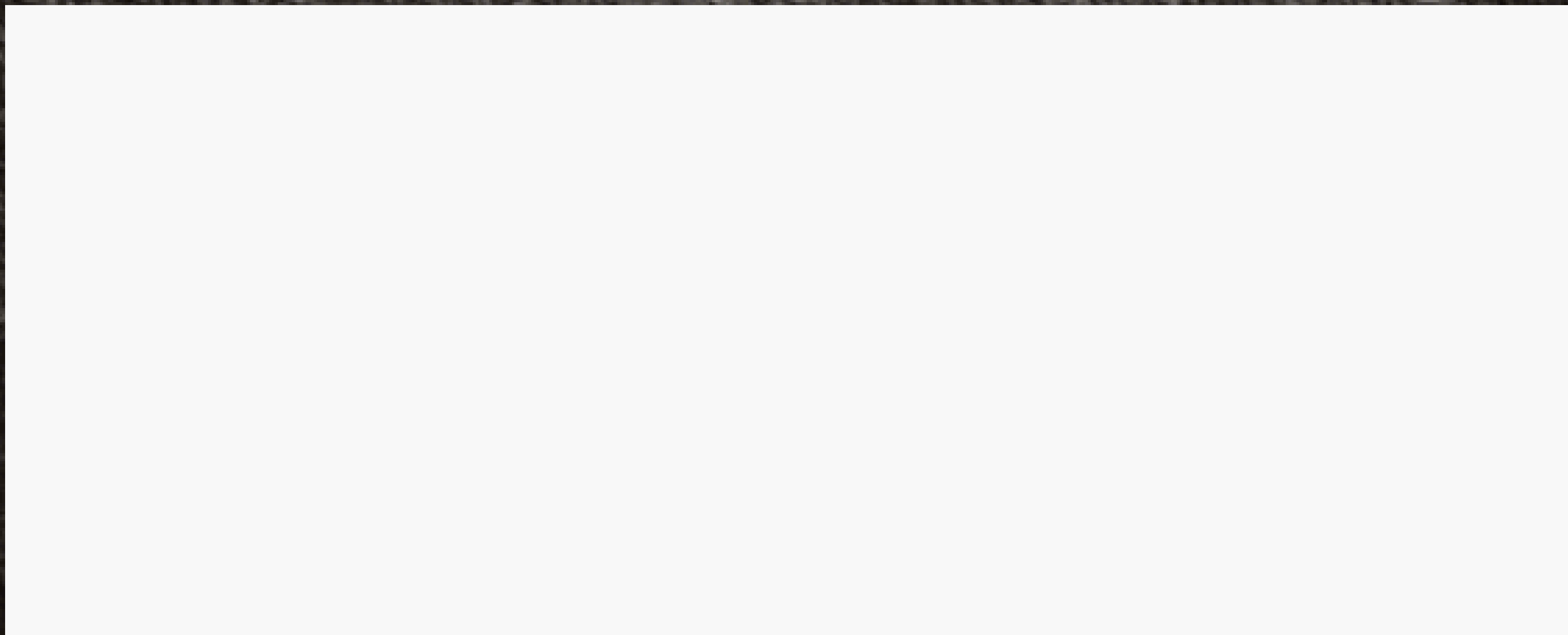
The things that got you this far can only bring you this far. It is time to shift.

In this section, you will be focusing on where you give your energy, as well as the beliefs, thoughts, and feelings you have about yourself. Most of the things we believe about ourselves we have learned from other people. We don't actually have many thoughts about ourselves that come from within.

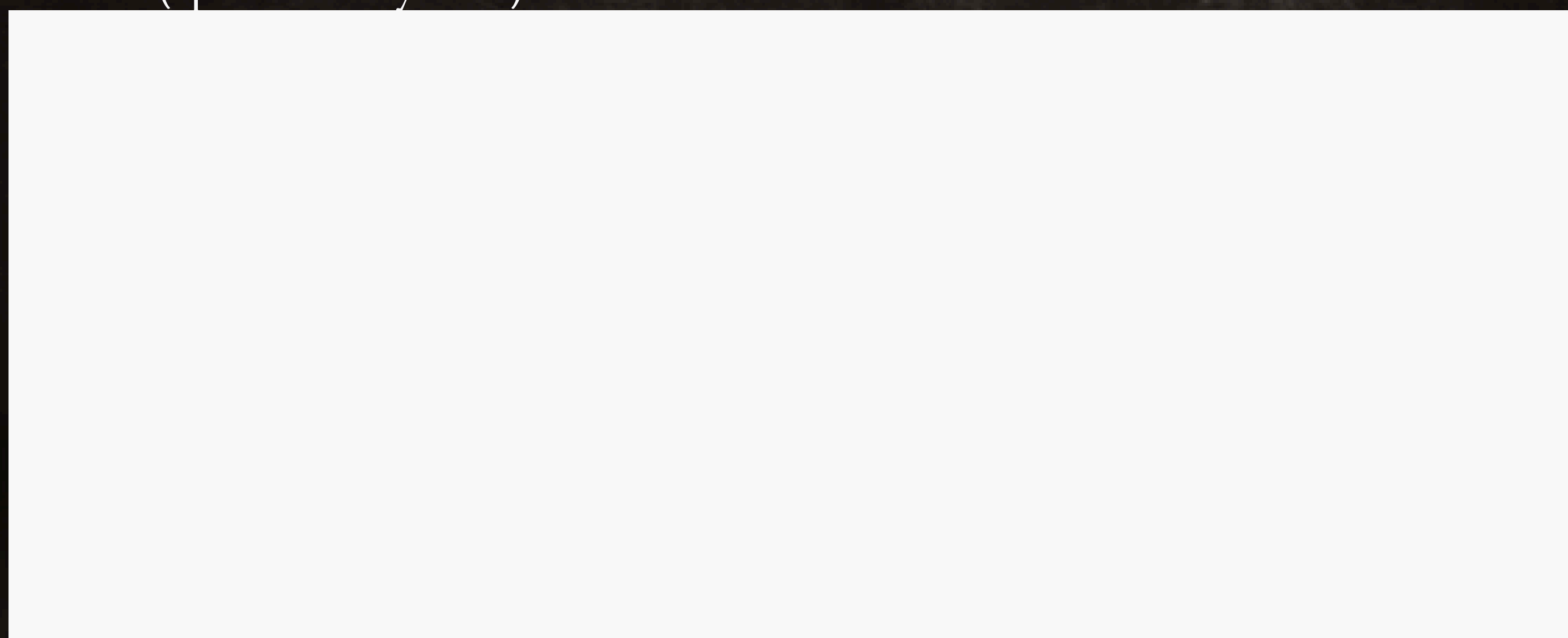
We will also be diving into inner child wounds in this section. Inner child wounds refers to anything that you needed that you did not receive as a child. This can be a physical, emotional, cognitive, or spiritual need.

It is in this part of this journaling program that your Ego will begin to show up loud and proud. Gently remind your Ego, by talking to it or writing a letter to it, that change is good. It is safe for you to confront the uncomfortable so you can heal and release what no longer serves you.

Take a moment to notice where it feels difficult to move in the physical body.
What can I do to shift this energy?



Who is someone in my life that I no longer share time with? Write a letter to them and share a story about a good time with them. Remember, just because someone isn't in our lives anymore doesn't mean they didn't influence it (spoiler: they did!). Remember those times and thank them for it



What am I holding on to that I actually want to be letting go of?

A large white rectangular box, currently empty, intended for the user to write their response to the question above.

What am I holding on to that I should be letting go of? What patterns in my life no longer serve me? How can I work to let go of them? (Example: financial patterns, always helping, never saying no)

A large white rectangular box, currently empty, intended for the user to write their response to the question above.

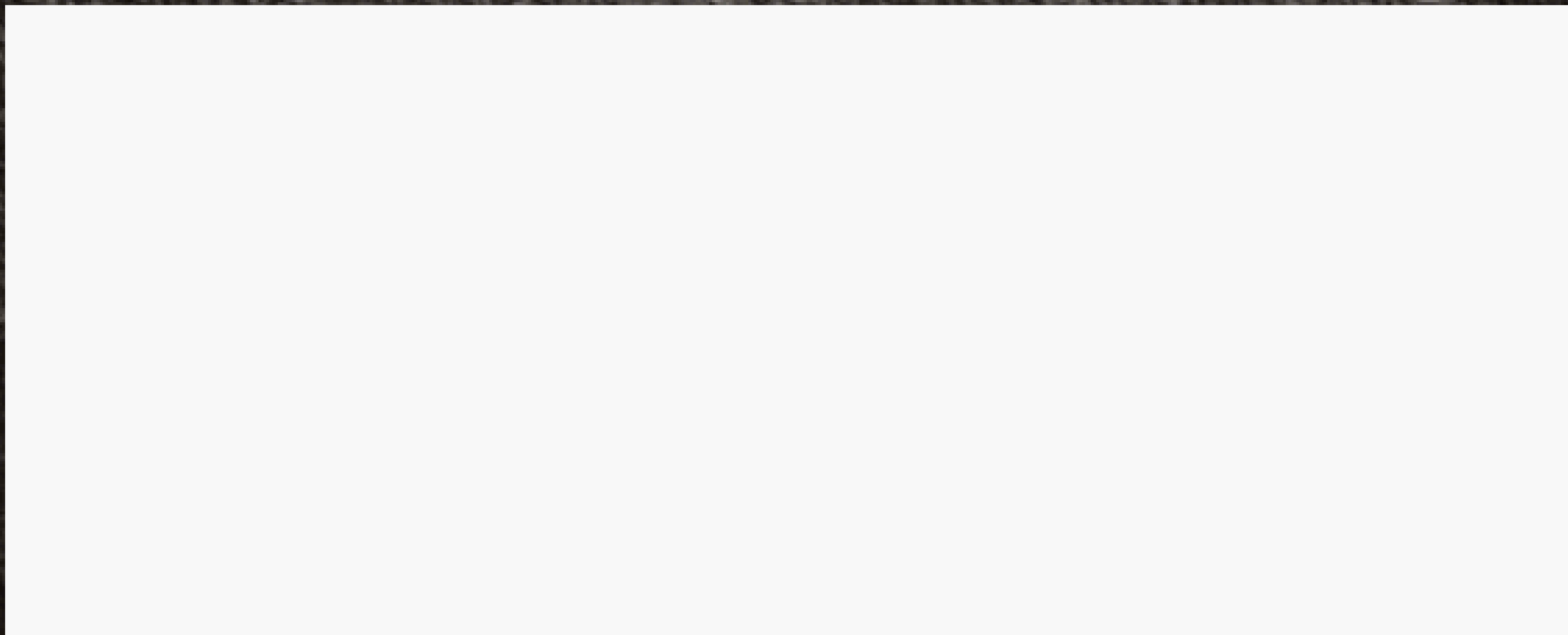
Write out your beliefs about yourself. Notice which of these beliefs no longer resonate with you and let them go (simply ask your guides to take away these beliefs/write a letter to these beliefs to thank them for bringing you this far in life).

A large, empty white rectangular box intended for the user to write out their beliefs about themselves.

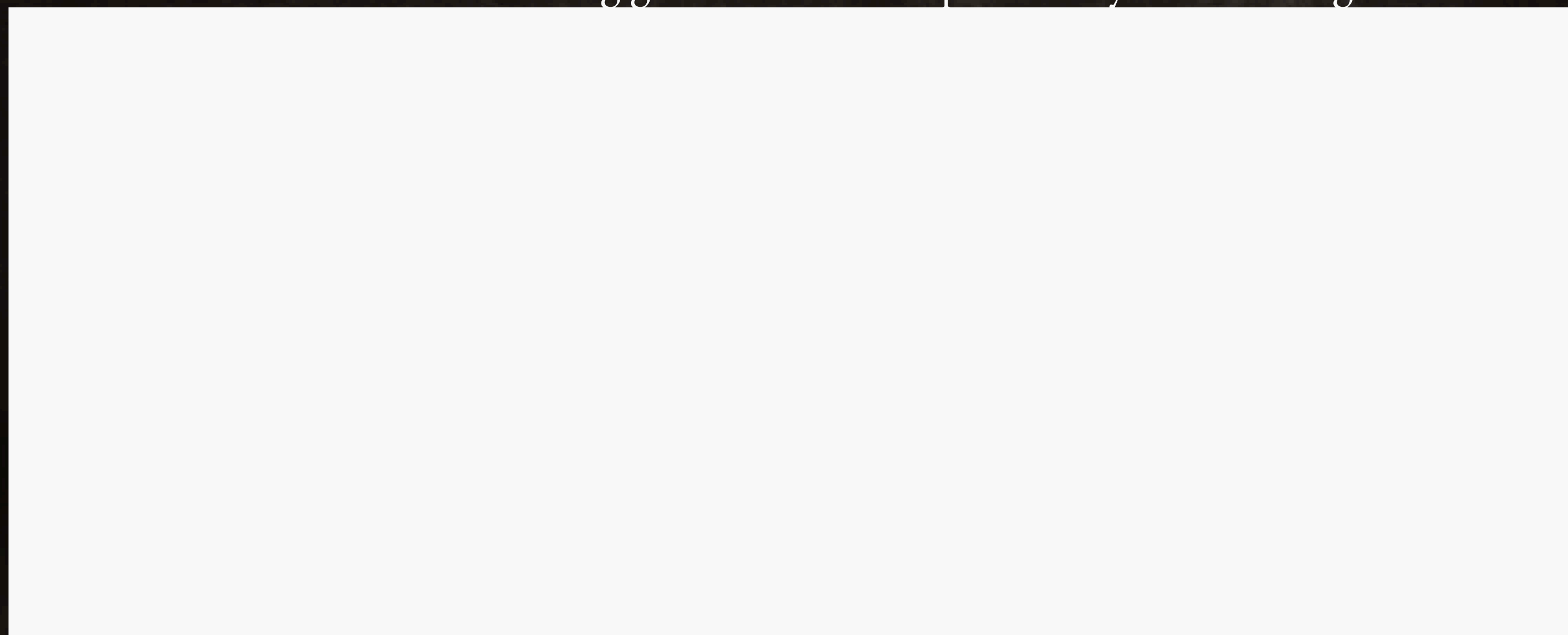
After letting go of old beliefs, notice where you have some new beliefs about yourself. Where did these beliefs come from? What are they? How do they make you feel?

A large, empty white rectangular box intended for the user to write about their new beliefs and how they feel.

When I feel angry or stressed, look at how this began. What was the trigger? Why is it triggering? What do I need to do to let go of these feelings?



Take some time to write a letter to the things you are letting go of. Thank them for bringing you this far. Thank them for the experiences they have brought into your life. Thank them for the lessons you have learned along the way. But gently tell them that it is time to leave. Letting go is hard. I'm so proud of you for doing this hard



04

INNER CHILD

Our external environments have shaped much of who we are.

For many of us, this means growing up in an environment that did not support our physical, emotional, and/or spiritual needs.

When we have never been accepted for who we are, change seems impossible.

We also tend to push away things we don't want to deal with or cast aside any unwanted thoughts and feelings. But it is when we confront the things that are uncomfortable that we really learn about ourselves.

Inner child wounds refer to the things we needed, but did not receive, as a child. This can be anything from having your emotional needs unmet, parents who were always yelling and fighting, and not being able to talk to your parents about things to abuse and/or neglect.

Remember that it is how the experience made you feel that makes it traumatic, not the intention behind it.

Your memories are valid.

Your thoughts are valid.

Your feelings are valid.

Healing your inner child wounds will allow you to dive deeper into creating your soul-led life. Healing changes your DNA. When you do the work for yourself, you heal the generations that come after you. **You raise the vibration of your being and share that with others, inspiring them to do the same, changing the world on a cellular level.**

This work is hard. Believe me.

But it is so so worth it!

pondered.co

04

INNER CHILD

One of the most common coping mechanisms to childhood trauma is burying the memories deep within. So much so that we can completely forget that these experiences even happened.

But when it is time that these experiences be healed, these memories pop-up, seemingly from nowhere. When this happens, our natural instinct is to bury it again, hoping that it won't ever come back. But it always does.

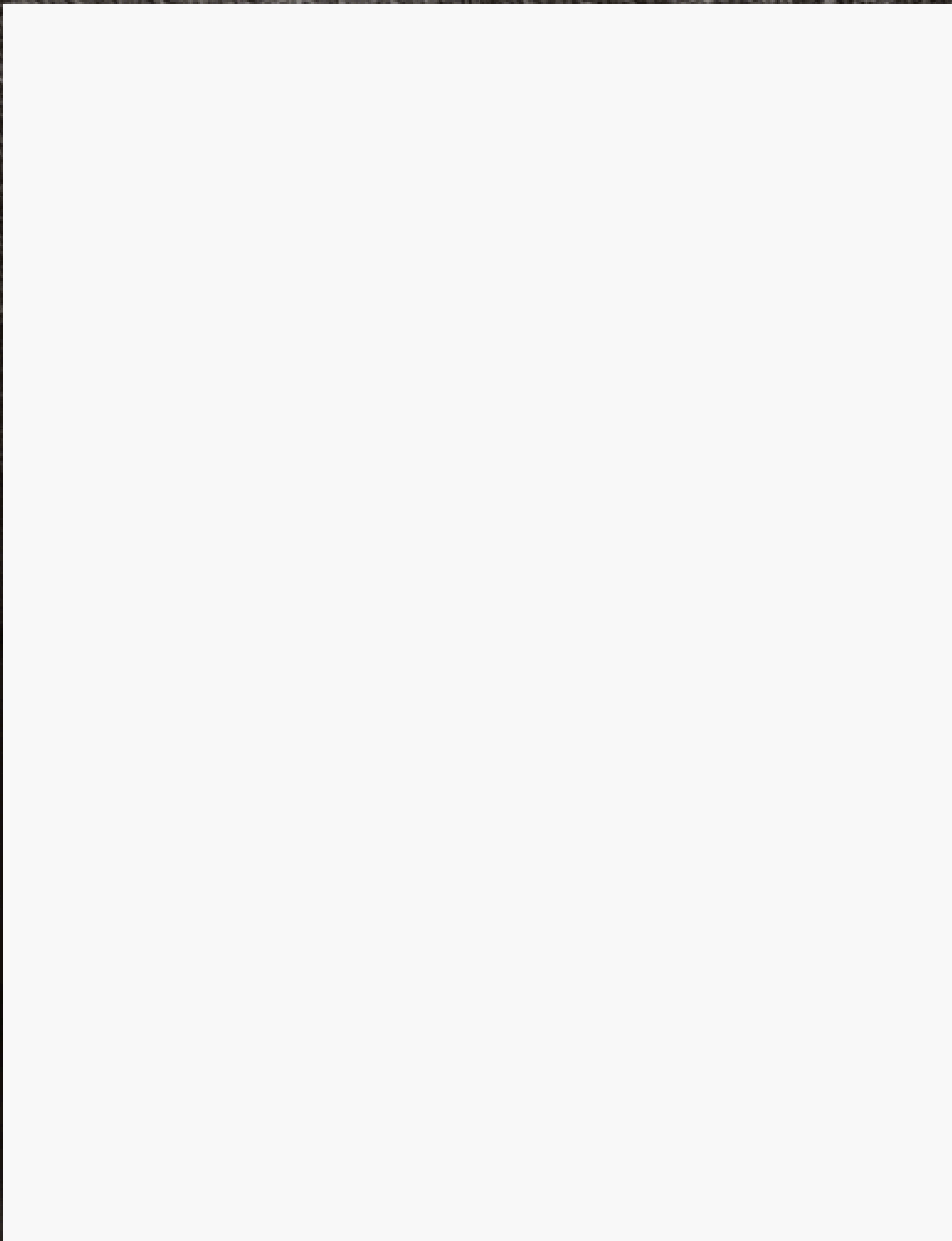
Instead of burying those memories. Face them head on.

Replay them in your mind. *But this time YOU are in control.*

Imagine yourself as your adult self sitting with your child self. Talk to her. Tell her what she needed to hear. Encourage her through this difficult time. Let her know that life is beautiful and all of this is fueling her power and the love she shares with others.

Write out your conversation with her.

What did I need to know as a child? Write a letter to yourself or meditate with a picture of you as a child. Talk to them!



COPING MECHANISMS

Many of us with childhood trauma have some distinct patterns in our lives that we see as natural but are actually coping mechanisms that we have developed to deal with our trauma and keep it from happening again.

Some of these coping mechanisms are:

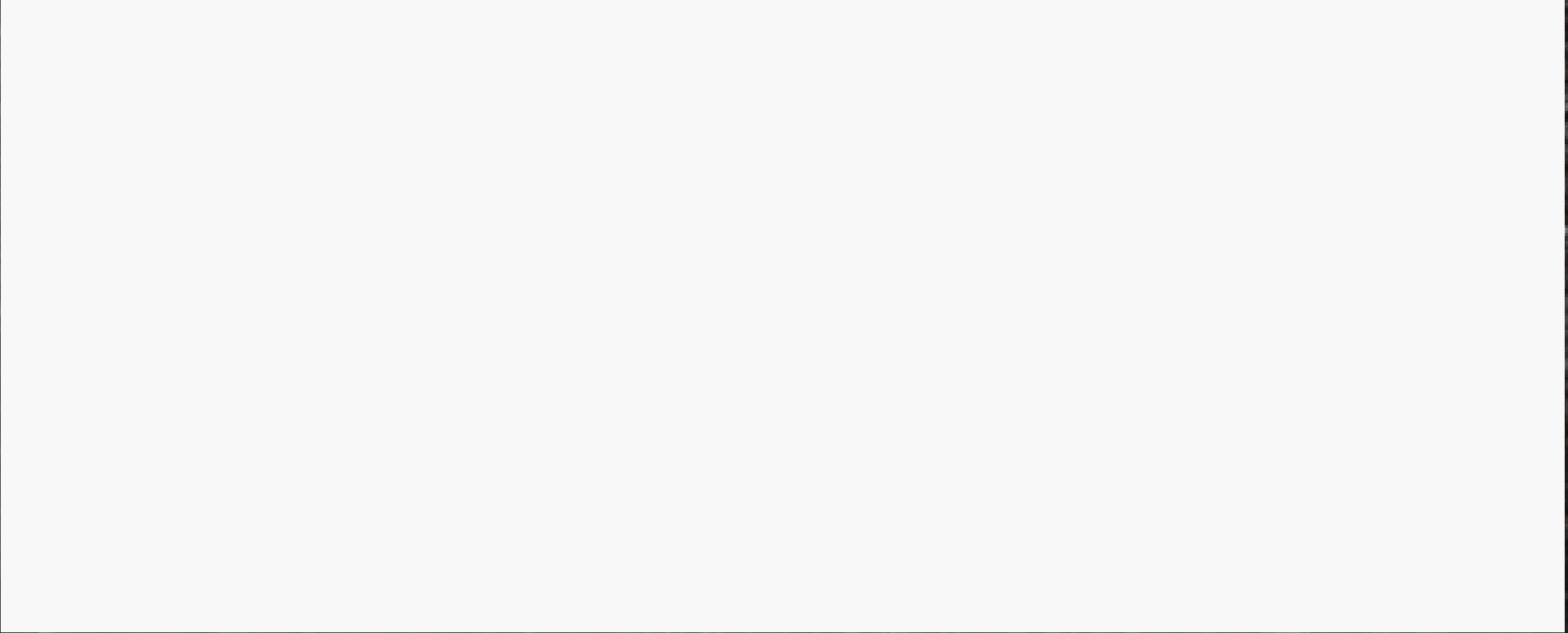
- Difficulty expressing our thoughts and feelings with others (especially new partners or those who show us some form of love)
- Clinging onto relationships we know are bad for us because they are familiar-this doesn't have to be relationships with other people. It can be your relationship with food, alcohol, yourself, etc.
- Fear
- Low self-esteem
- Changing yourself to be accepted by others

Some of these coping mechanisms are even rewarded by society!

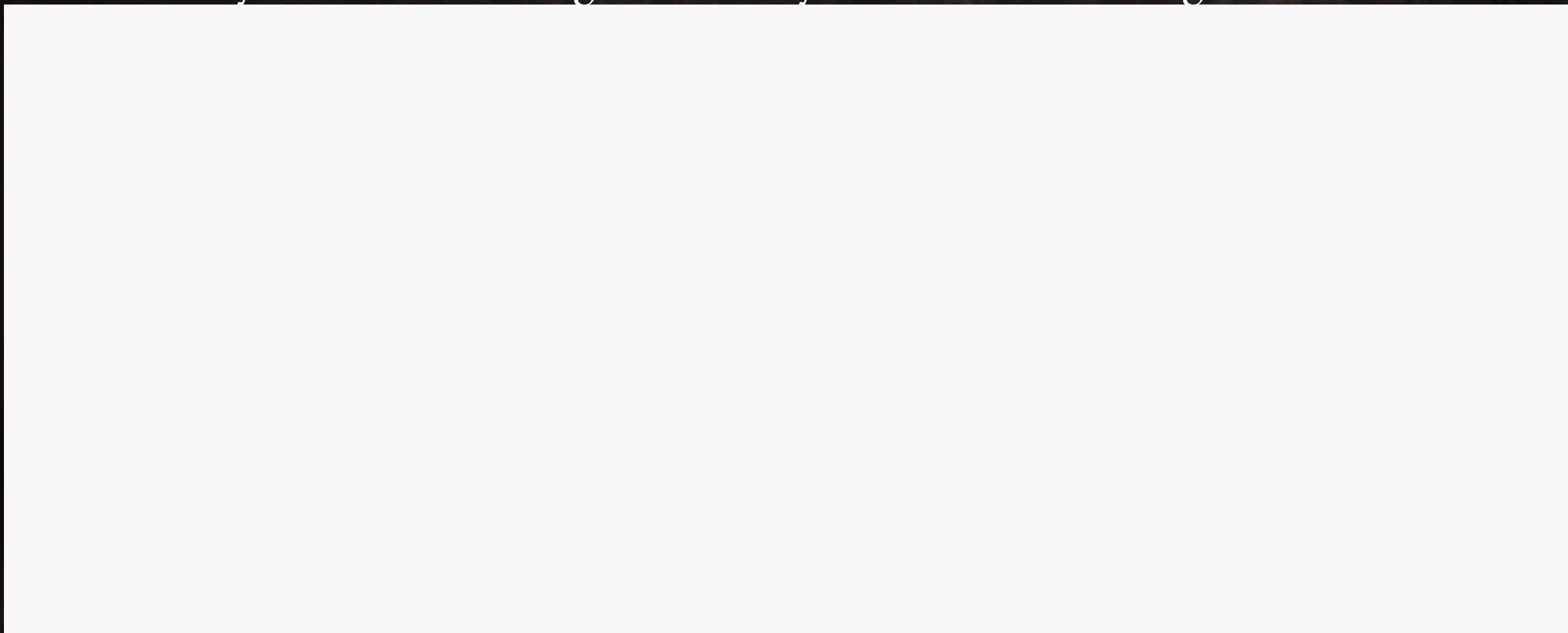
These coping mechanisms include:

- Perfectionism
- Working a ridiculous amount of hours without taking vacations
- Keeping busy all the time and wearing a badge of honor for it
- People pleasing

What coping mechanisms have you been using? How have they helped you? How have they held you back? *You've probably been using more than one.



Write a letter to your coping mechanisms. Thank them for protecting you as a child and as an adult. Thank them for bringing you this far in life. Gently let them know that they are no longer needed, that you are ready to do the healing work, for yourself and future generations.



05

YOUR MAGIC

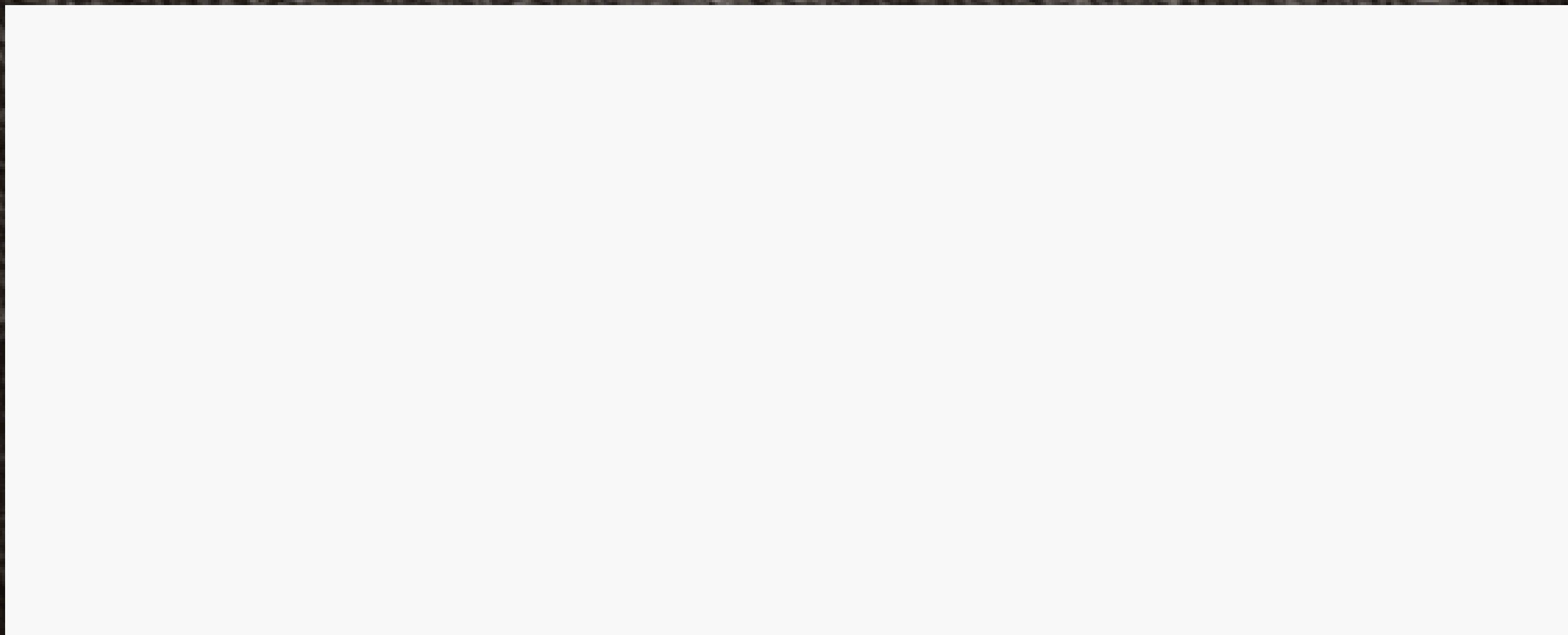
This is where you will dive deeper into uncovering your magic.

It is not lost, just buried underneath the things we "should" be doing in our lives.

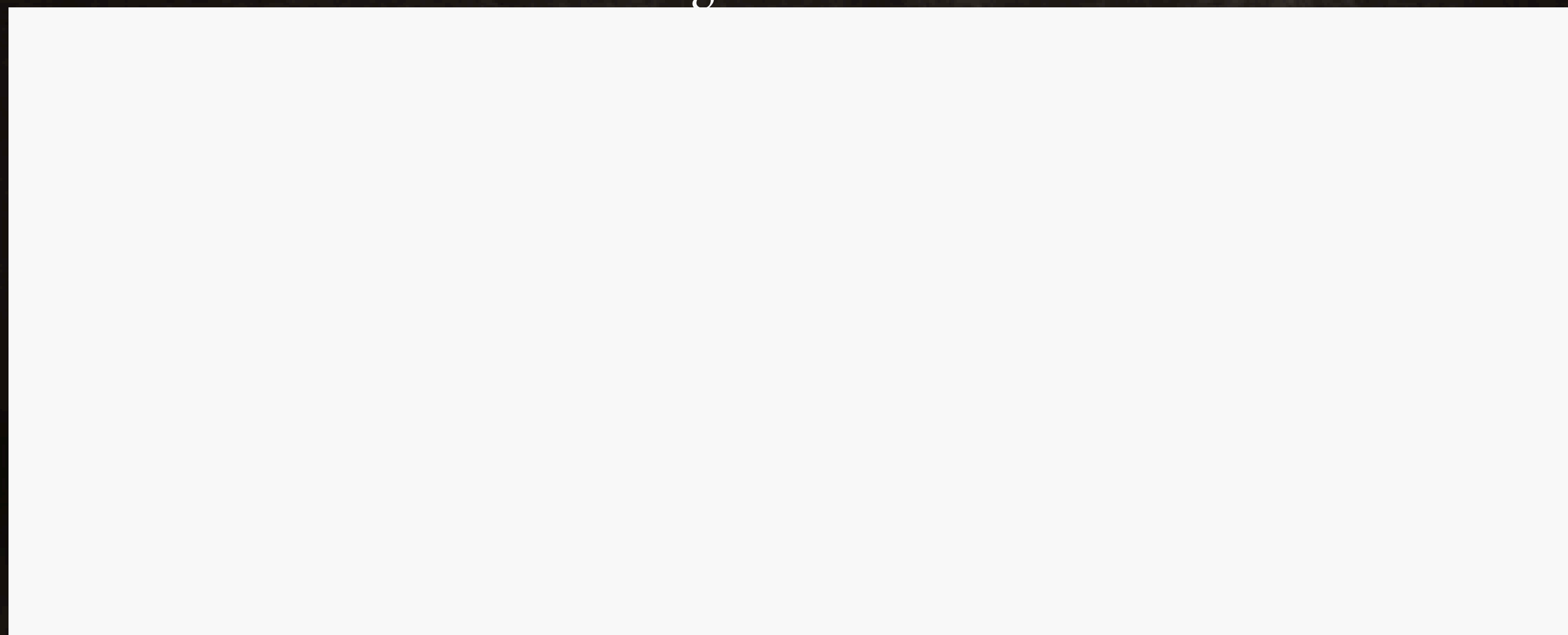
Taking a good long look at the things you love and the things you want out of life is the best place to start with your magic. Uncovering your passion and purpose, doing more of what you love, and living with heart-led energy is the magic you are seeking.

Bring a little bit of magic into your life every day. Challenge yourself to see the beauty in everything around you. Magic is everywhere, you just have to pay attention.

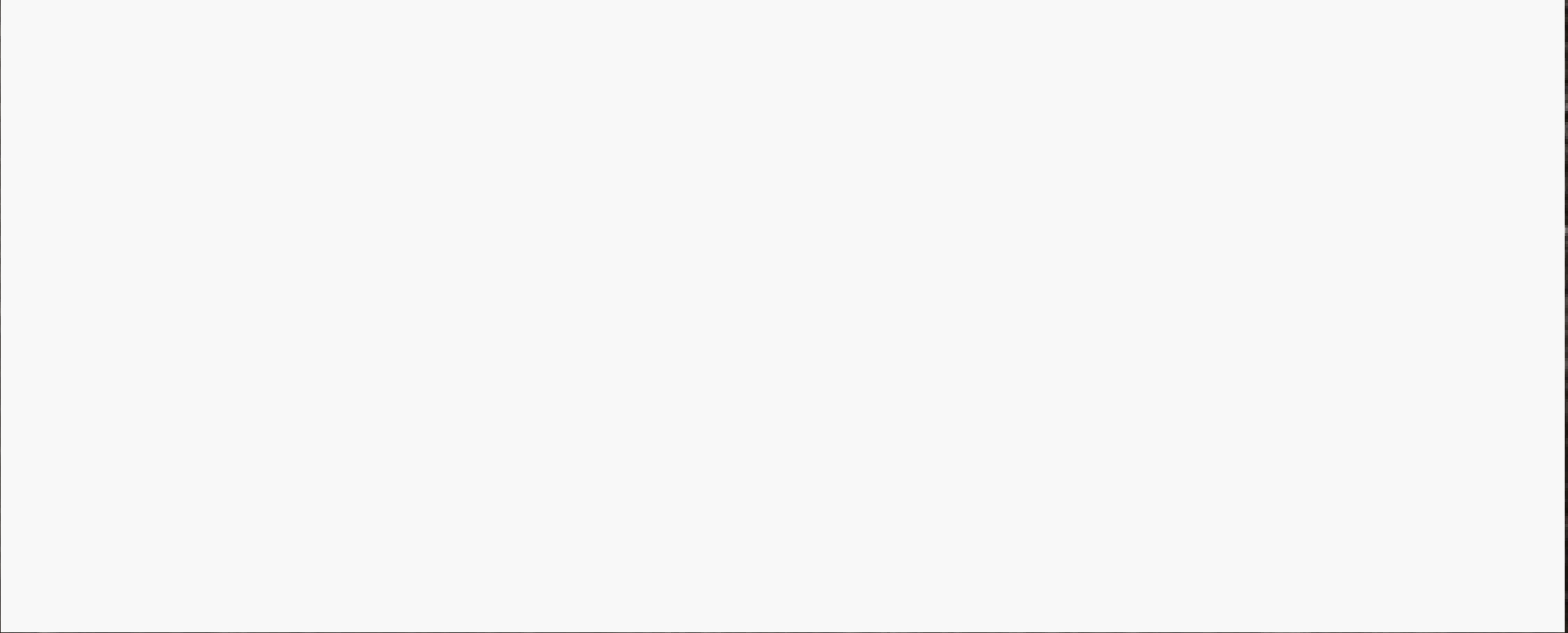
Think back to your childhood. What were your dreams? What did you want most out of life? Make a list of all the possibilities you once thought were endless [spoiler alert: they still are endless].



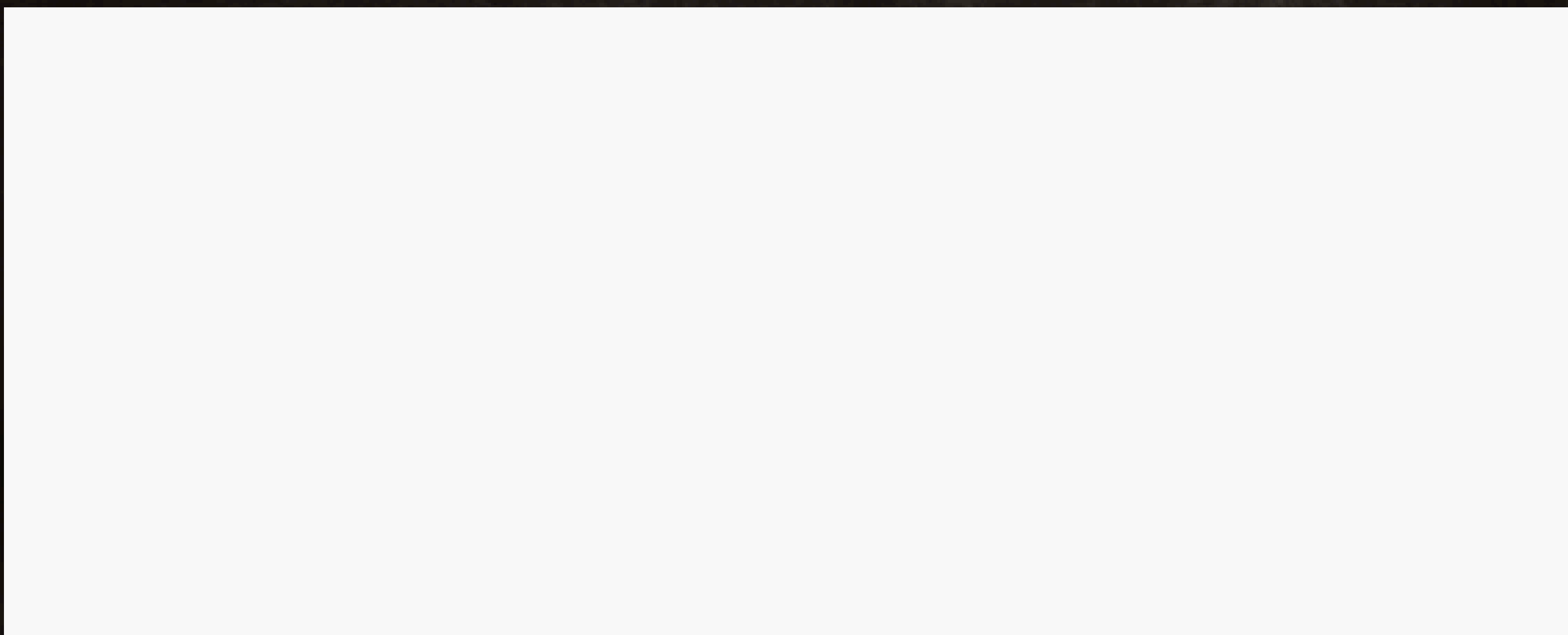
What do I love to do? What makes me happy? What sets my soul on fire? What am I good at? What are people always praising me for? Write out a list of these things and take note of the commonalities!



What does support look like for me? Remember that support is a two-way street: Do I get as much support as I give?



Who are my soul people? The people who support me 1000%, no matter what? The people who lift me up when I'm down? Write a letter to these people about a time they made you feel amazing!



Notice the niggling feelings you get. When do I get them? What am I thinking about when I get them? How can I pursue this further?

A large, empty white rectangular box intended for the user to write their reflections on the first question.

What actionable steps can I take toward the things I desire most in life? What do I have to let go of to make space for the new things I am working toward?

A large, empty white rectangular box intended for the user to write their reflections on the second question.

Her soul spoke to her
Softly whispering
"Keep going. We're almost home."

"How will I know?" she said

When the stars are a little brighter
The water is a little bluer
When the mountains are a little higher
And the birds sing a little louder

When you feel nothing
But love and peace
You'll be home.