

30 DAYS OF JOURNAL PROMPTS

FULL PERSONAL EMPOWERMENT

SURRENDERING TO HER

JOURNALLING IS A POWERFUL CHANCE TO MEET THE UNLEASHED WOMAN WITHIN YOU.

It's a personal experience, there is no right way or wrong way. Simply the daily act COMMITTING TO YOURSELF with quiet time, and putting pen to paper with the intention of remembering more clearly who you are and what you are here to bring to the world is in itself A SUCCESS!



UNLEASH HER!

Writing daily using these prompts is a chance to draw out what your higher self or soul wants to share.

Only ever operating from routine, and set programs tends to keep us stuck and rigid. Allow your senses to flow and your creativity to be free. But if you don't feel like writing one morning it's OK don't make yourself wrong. Always come from a state of expansion.

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HOW TO USE THE JOURNALING GUIDE.

I've prepared 30 days of journaling for you. You can follow day by day, or sit with one for longer, repeat one daily if it's something you are focused on calling in right now. Use what you resonate with, skip the rest.

Come back to it as often as you wish, new experiences bring a fresh approach each time.

HAVE FUN WITH IT!

Treat it like a date with yourself, and not a boring to do or "doctor's appointment".

Put on some music.

Light some candles

Always have some water with you so your brain is always flushed clean for new inspiration.

If you're not feeling it, leave it!

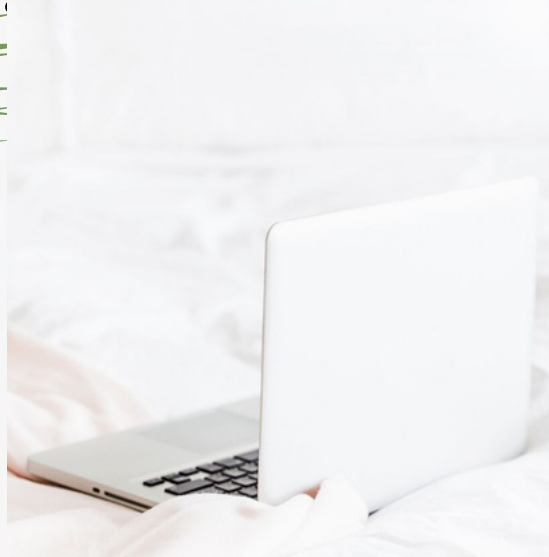
Come back later!

Some days you may feel like having more movement, such as exercising, if so, repeat some of the affirmations/ rants below as you

y.



If you create content for your business journaling is a great way to create. **WRITE FOR YOU, NOT FOR ANYONE ELSE....LET YOUR BADASS SHINE!** Then if it's something you want to share as content, do! But ultimately it's a relationship you get to cultivate with your **SOUL**, so allow her to speak forth!





CHANGING BLUE PRINT

Working on Wealth Blueprint(or any):

Choose from affirmations which light up your soul, and write them a number of times, fill a page with them, dance to their beat.

Movement can be a powerful tool to create your desired vibration or success/ abundance frequency for the day.

Ask me for affirmations, I've loads.



LET'S BEGIN!

Day 1

Working on surrendering to HER!

What do I need to give myself permission to do, say or be in order to tune into my highest most confident self? Or highest self version of me?

Change the wording around to suit you.
If SELF WORTH is an issue which comes up:
When you discover a self belief which isn't in tune with your desired outcome, such as
"Who's going to take me seriously with 3 kids hanging out of me?"
Examine the belief.....ask yourself, "is it true", and
REWRITE THE NEW BELIEF.



Day 2:

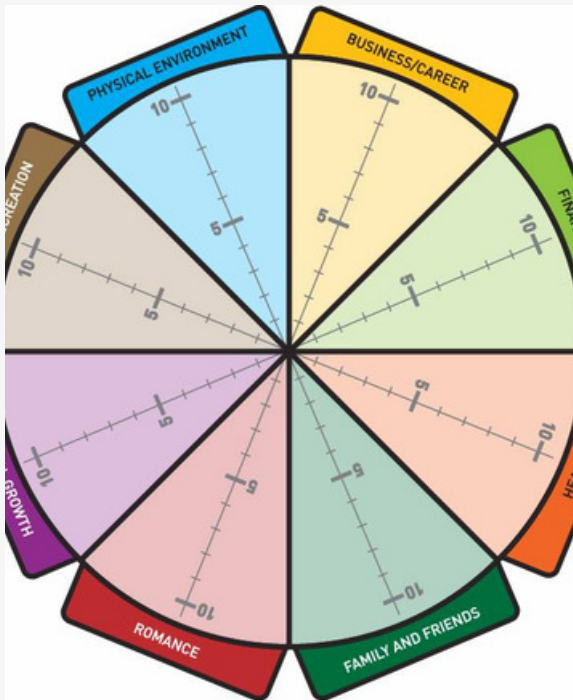
Forgiveness.

Perhaps there is a past event, number of people or YOURSELF to needs to be forgiven so you can move on.

Use ho'oponopono technique which you can find on Youtube. Write and repeat with your hand on your heart:

"I Love You
I Am Sorry
Please Forgive Me
Thank You"

You can write a letter to that person, to release any stale energy, it doesn't need to be sent, but the act of writing it can be healing.



THE WHEEL OF LIFE!

Day 3

The Wheel of Life.

Choose 8 areas of your life:

- Family & Relationships
- Health and Wellness
- Wealth: creation, investments and savings
- Business & Passion Projects.
- Fun and Travel
- Environment- home, people, car, gym.
- Spirituality- Inner work
- Contribution & Paying forward.

Examine just how fulfilled you feel in each area. See what needs to shift in order for you to reach great fulfillment.

YOUR CORE VALUES

Day 4 Uncover your Core Values.

What is most important to me in life?

What will I place most value on when I look back in 20-30-50 years?

Time spent with your loved ones?

Your health and well being?

Financial empowerment for myself & others?



You core values can and will change but what is it that is of most importance now that you are not willing to sacrifice or have your boundaries broken on?





BRAIN DUMP & JOY LIST

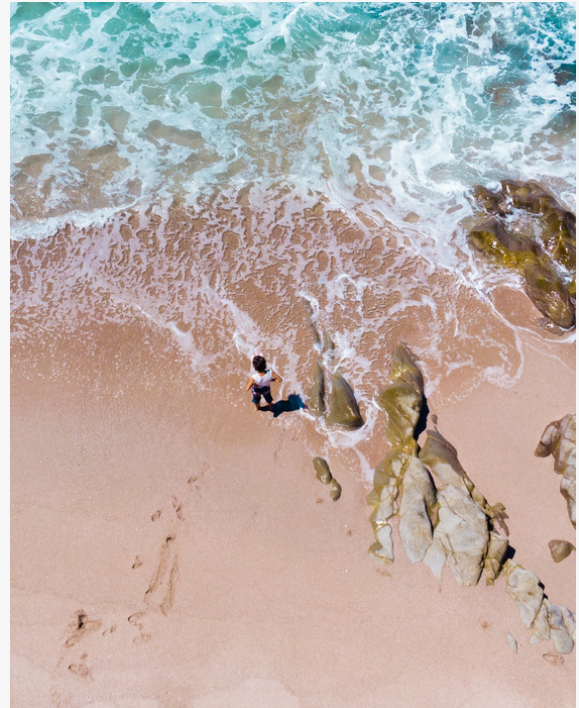
Day 5

The BRAIN DUMP & JOY LIST

Julia Cameron in her infamous book *The Artist's Way* suggests starting each morning's writing session with a brain dump, whereby you dump all thoughts and fill a page, no judgement! It clears space for inspiration to follow, and can remove stagnant energy,

JOY LIST

List all the things in life which bring you joy. It can be music, moving your body, walking in the forest, listening to the water. Find ways of bringing joy more into your life. Write the feelings you want to feel each day! Look for ways of igniting them.



YOUR PERFECT DAY

Day 6 WRITE YOUR PERFECT DAY. One of my fave exercises ever! Sit down and dream big! Write out your dream day from wake up to falling asleep using ALL the senses. Who are you with, where....all the things. Read it daily! It can move you in ways other things can't.....through pure joy!



SPIRIT GUIDES!

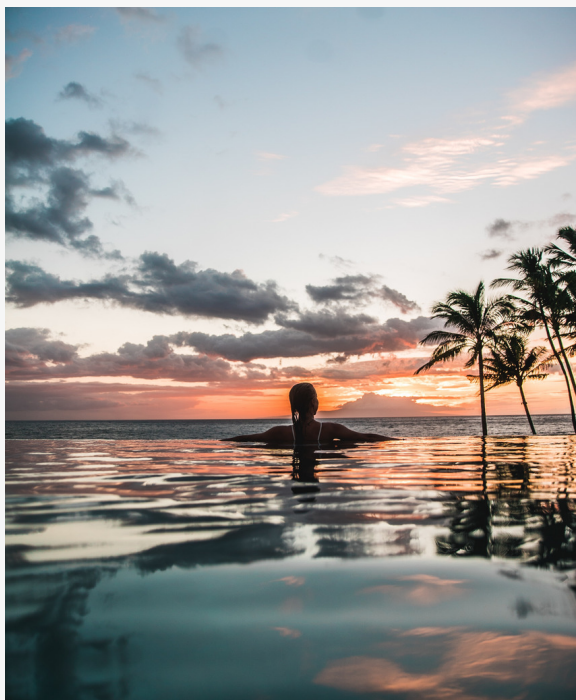
Day 7. ASK YOUR GUIDES!

We all have a guidance system, call it as you wish.

But prepare to seek counsel. Prepare yourself to sit down in meditation.

Ask a question which is on your mind. Ask your guides to assist you.

Then meditate. When you feel the pull, put pen to paper and free flow from your guidance system; no judgement allowed. Be open to the fact that the answer may come at another time in an unexpected way.



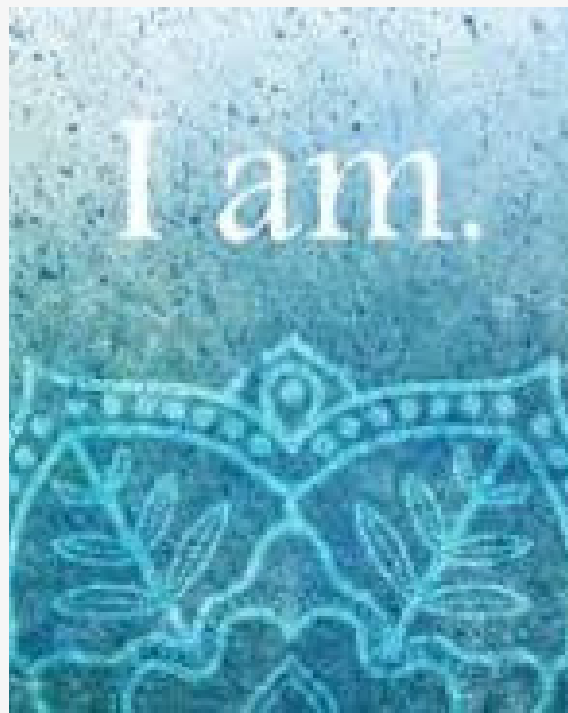
LIFE EXPERIENCE!

Day 8

LIFE EXPERIENCE

- List powerful life experiences which have caused you to grow, evolve, or learn lessons.
- See with gratitude what you had available to you for this experience to happen; ie the money to travel, or your fiancé at the time as an amazing travel companion.
- You will uncover some memories and stories which perhaps you've forgotten, or see things in light pure joy, gratitude and appreciation for the abundance.

Plus you'll remind yourself of all the adventure you've had. They are all what makes your story YOURS.



AFFIRMATIONS

Day 9 Writing Affirmations:

I am AFFIRMATIONS.....

I am an empowered leader/ woman, conscious Mum empowering others through the example I am.

Choose from affirmations which light up your soul, and write them a number of times, fill a page with them, dance around the house repeating them throughout the day.

Write on various blueprints.

Wealth

Success etc..you choose!

AND ONE DAY SHE
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SHE WAS FIERCE,
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HERSELF BACK
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BRIGHTER THAN
HER FEARS.

MARK ANTHONY

PERMISSION

DAY 10 I GIVE MYSELF PERMISSION TO:

Write down as many affirmations as you can where you give yourself permission to be yourself!

I give myself permission to be fully me!

I give myself permission to release that which no longer serves me.

I give myself permission to be confident/ abundant/ seen & heard!

Write pages of this if it feels good.

RELEASE THE OLD!



YOUR FREQUENCY

Day 12 FREQUENCY ATTUNEMENT
Our desired life is available for us,
we just need to be attuned to it
daily, i.e have our channel set to the
desired program.

I tune into my highest frequency of
abundance/ confidence/ success/
creativity/ organisation.

Write attunement affirmations.

RANT THROUGH THE DAY!

Thanks to my mentor Serena L. Larcolme for this



THE MAGIC OF GRATITUDE

Day 11

The Magic by Rhonda Byrne is a must!
But for now write 10-20 gratitudes!

Thank you thank you thank you for the abundance
in my life right now!

I am so happy and grateful for the 6 figure
abundance codes I feel flowing through my every
cell.

I am so deeply grateful for the amazing people in
my life!

Write about past gratitudes, present and that
which you are calling in!

Through your day gratitude rant to the universe!



QUESTIONS.

DAY 13

What would my highest self version do
about X?

How would she speak to herself in private,
and in front of others?

Does this belief about X serve me?

Is it aligned with the "millionaire"/
"empowered" version of me?

Choose the words you resonate with.

You get to create new programs and beliefs.
The old programs get to be replaced by new
ones which serve us!



ADJECTIVES/ WORDS TO EXPAND

Day 14 My love language: words!

Have fun with this..use colours and doodles if you wish.

List/ Brainstorm with your higher self some words which you vibrate highly with.

E.g. Conscious, Wealthy, Empowered, Confident, Freedom, Divine, Luxurious, Connection, Impact, Nature lover.

Aligned, Amplified, Heart-driven

Brave, Fully Expressed. Self-leadership, Self Love!

you are
capable
of amazing
things

QUESTIONS

Day 13 continued

Insert new program:

I believe I get to show up as an empowered, confidence, influential leader who's empire grows daily, attracting high vibe clients, partners, events and opportunities. Thank you thank you thank you. It is done! So it is!

Does this thought serve me? Choose one which does.



JOURNAL ON WORDS BONUS

Pick a different word each day and journal what it means to you,

Example; what does Authentic mean to you in your life and business, or Courage.

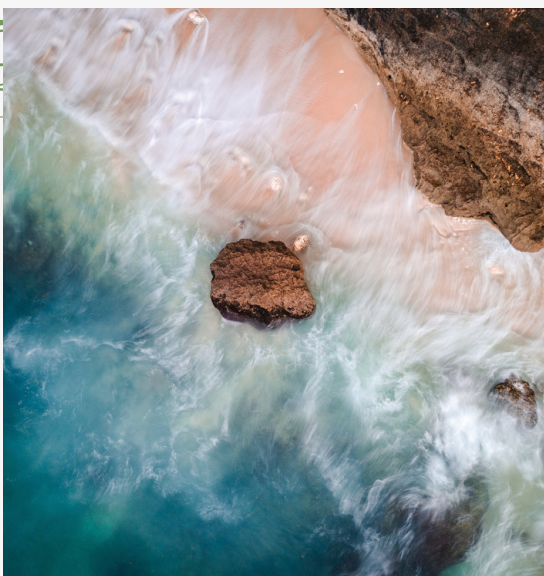
You'll find yourself step and grow into the highest you!

breathing dreams
like
air.

-f. scott fitzgerald

LETTER TO FUTURE SELF

Day 16 Write a letter to your future self 6 months from now. The time you chose is personal, but must mean something to you. Congratulate yourself on all that has happened in the meantime since making that decision and going all in on your dreams/ launching the new business/ writing the book / leaving the job, paying the loans off etc. What, who is in your life and how do you FEEL daily? Send it to mentor or best friend/ confidant and ask them to send it to you on a certain date! It holds you true to your word.



DESIRES LIST!

Day 15

WRITE ALL YOUR DESIRES.

Have fun with this and keep it in front of you and add to it daily.

Clothes and accessories which look and feel amazing on me. Name the brand if you like.

Dental work in January or before.

Private chef & cleaner

New glasses from that shop.

Spa treatment every 2 weeks.

Business class ticket to in Sept.

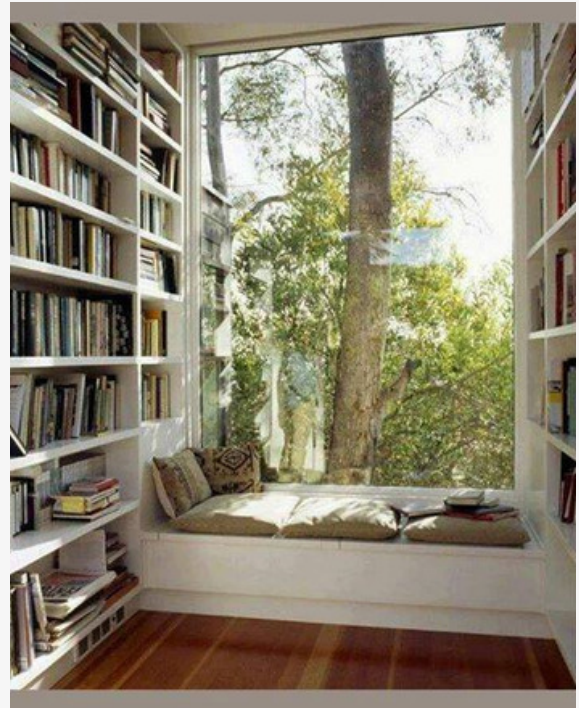
Christmas with --- in NY with dinner over the skyline.

Property in Hawaii.

Experiences: Festival in Australia in February each year! Retreat in Peru.

Eco Home.

Book Published.



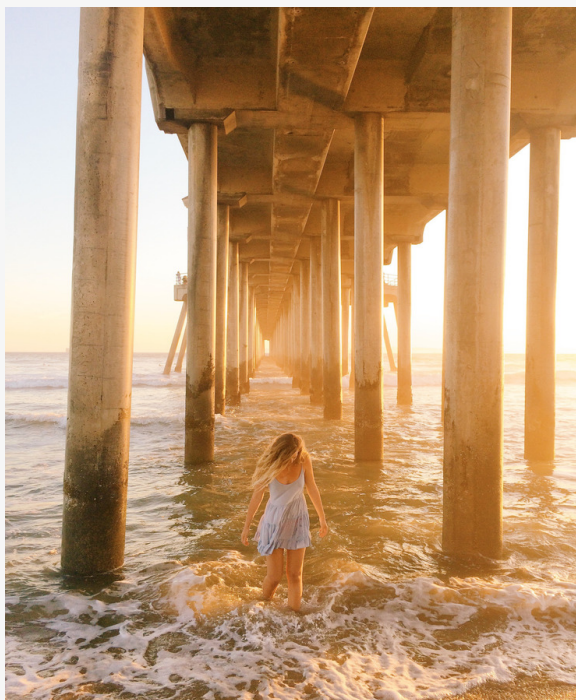
CHAT TO THE UNIVERSE! DAY 17

Script your day ahead..months ahead with the magnificent outcomes, or your ideal home, man etc.

I am living in the home on the beach, drinking my coffee....

Script today: Write about the most ideal way you'll spend your day...how the appointment will go, how you'll feel, the feelings you'll have reading messages, on calls etc

Don't be too rigid. Always leave space for the universe to serve you up a surprise dessert....but have fun.



EMBRACE/ EMOBDY!

Day 18

What do I need to GIVE UP, start saying no to in order to achieve my dreams?

What do I need to EMBRACE more of, say yes to?

I EMBODY THE CONFIDENT, HEART DRIVEN LEADER IN ME!

When I FULLY EMBODY THAT VISION OF ME IT FEELS LIKE----

EMBODIMENT OF LEADERSHIP

EMBODIMENT OF ABUNDANCE

FREEDOM, JOY, LOVE, WELLBEING, UNLEASHING HER!

How do I FEEL DAILY?

•



CALL IT IN!

Day 19 List the words describing the people, clients, team, tribe, etc you are calling in.

How are they feeling now, and how do they want to feel once they work with you? What words are they using now, desiring to use?

Open your heart and soul to these people and events occurring.

CHAT OUT LOUD TO THE UNIVERSE!

Inspired By my mentor Monique W



Ask and it is Given!

DAY 20

Dear Universe!

Write to the universe making your order.

Stand back and surrender that the universal chefs are cooking.

Be open to receiving, and allowing it to look slightly different than you expected.



MY MESSAGE TO THE WORLD!

Day 21

What's your message to the world?

Become fierce at expressing your message daily in your home, content, conversations, to yourself, so it builds in energy and clarity in delivery.

Write it out often! As you evolve so will your message.

My message includes empowering and impacting future generations by who I become and how I share my message and vision in the world through impact!

This pic of my eldest daughter and I in a luxurious hotel bathroom feeling like Princesses.



WHAT DO I WANT TO BE KNOWN FOR?

Day 22

- What do I want to be known for online? Or as an Influencer or leader?
- What words would you like people to use to describe you?
- What will people say about me when I am dead and gone?



MY INSPIRATION!

Day 23

Who have been my greatest influences/ inspirations; Past and present?

What is it I am attracted to about them...list their qualities.

These qualities are what is inside you which is rising to the surface to be seen and heard!



PURGE!

Day 24

Release again..Purge what no longer serves the more real version of you you've grown onto in the last 21 days.

Burn it on pieces of paper setting clear intentions if you wish. Create ceremony around it.

Am I sharing/ living/ working/ speaking from an empowered place or still from victimhood in all areas?

What lesson can you pass on to your clients, audience, followers which you've learned as a result of moving through this process?

Do it! You'll inspire many and your soul mate client will see the divine leader in you,

Day 25 If I could just leave tomorrow and go away for a long weekend, or month, what would do, where would go, with who etc..

Allow yourself to close your eyes and do some dreaming. Give yourself full permission to allow things to be created for you in your visioning process....no limits!



Reflection

Day 26

What have you overcome which has caused you to grow?

It could be simply the fact that in the last 26 days you've woken up early to create this sacred time to journal etc...How has it caused you to grow?

Journal how it was before and where you are now, and heading to.



POWER MANTRA!

Day 27

Millionaire Mantra!

Power Mantra!

Divine Queen Mamma Mantra!

Create powerful affirmations which serve your new evolved self around any topics you wish such as:

Wealth

Conscious business

Personal empowerment

Family life

Fun

Environment

ONLY YOU!

Day 28

What makes you so unique and amazing? What superpowers have you uncovered and are you allowing to shine, fully expressed?

If necessary and you haven't done so recently, list all your education, qualifications, achievements, jobs, projects etc.

Who have you helped and how have you added value to their lives?

You'll find you're so fricking amazing!

Start singing your praises more! Be louder in your delivery of your powerful self.



CELEBRATE YOU!

Day 29

Celebrate you!!!!

Visualise and Journal the celebrations!!!!

Plan a party, trip or celebration for when you hit that dream..

- Income intention achieved
- Advancement
- Launch

Or set a date and decide to celebrate life on that date!

Give yourself a date with you..



Reflect on what has changed and needs to change more in order for this to happen.

See and write about the impact you can have on people around you, drill deep on this...

Then ask yourself.....if I don't live like this unbridled version of me what will happen?



CONGRATULATIONS DAY 30!

If I live fully expressed today and for the rest of my life!

How will the rest of my life look....journal on how incredible your life GETS to be by showing up from this space of pure brave fierce living where you no longer care about other peoples opinions of you.

What have you taken a stand on? Stood up and said no more to?



CELEBRATE YOU!

I AM -----

I am fully living the life I was born to!

I am unstoppable in the impact, creativity and joy I bring to life and all I touch!

I am massively supported by the universe in all ways!

Abundance flows to me and through me just like air! I am FULLY IN MY POWER! Thank you thank you thank you



CONGRATULATIONS

Congratulations Empowered Powerhouse Woman on reaching the end of 30 days of journalling to your own greatness!

Mix and match these ideas.

I change each day depending how I feel.

But each day has me rewriting my goals, reading my vision/ideal days, and visualising.

I do a mix of the prompts above depending on what I am working on!



AND ONE DAY SHE
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AND STRONG,
AND FULL OF FIRE,
AND THAT NOT EVEN
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BECAUSE HER
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BRIGHTER THAN
HER FEARS.

MARK ANTHONY

Can't wait to
connect with you
and hear how you
are shining!

Connect with me!



WE ARE THE RESULT OF
THE PEOPLE WE HANG
OUT WITH SO CHOOSE
YOUR INNER CIRCLE
WISELY!

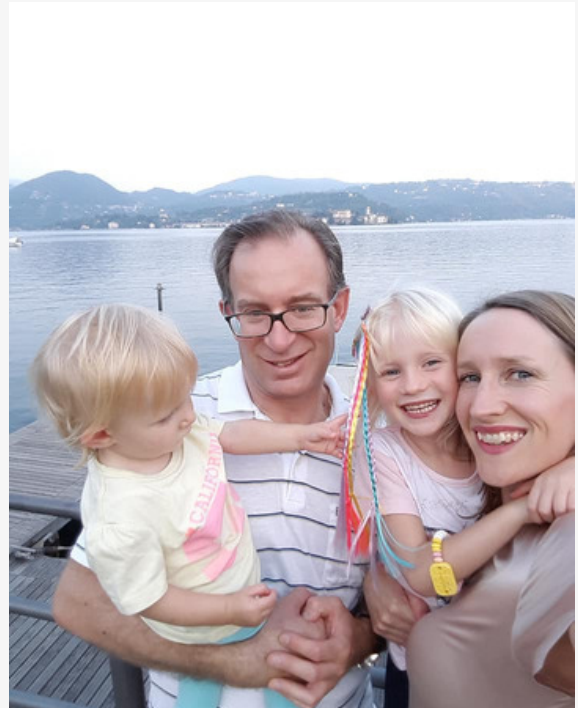
SO , WHAT NOW?

REACH OUT for YOUR
Free Empowerment Clarity
Call where we map out a
Gameplan on unleashing your
purpose and fierce message to the
world creating Personal
Empowerment AND Conscious
Wealth.

YES, WE GET TO HAVE IT ALL!

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MARK ANTHONY



Wishing you your Fiercely Fearless
Empowered Self EVERY DAY!

Roisin xo

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