



coming home

CULTIVATING INNER BELONGING FOR
HEARTFELT CHANGE MAKERS & MAGIC
SEEKERS

**JOURNAL PROMPTS &
CREATIVE LABORATORY LOG**

i start where i am

where am I?

physically, mentally, emotionally, spiritually?

what if I could see everything as sacred?

embracing all of me

A REFLECTION

I embrace

All of me.

From the accolades to the “failures”.

From the smiles to the tears.

From the joys to the frustrations.

I have been greeting my “shadow side” with open arms.

As I learn from my limiting beliefs

I become aware

and let go

and find space

for expansion.

As I embrace my unique self

without the lenses of shoulds, coulds, and don'ts

I am amazed at what I unearth.

I embrace myself with LOVE.

I embrace myself even as fear peeks over my shoulder.

I embrace courage + grow confidence.

I embrace

All of me.

- LaToya

*embracing
the urges*

WHAT IS CALLING ME?

what am I embracing?

explore all areas of life. explore emotions, aspects of self, foods, things you are calling in, experiences, feelings, etc.

i am embracing

legacy

am I passing on or creating traditions? what would
love to pass on?

re - search

QUESTIONS TO ASK FAMILY OR RESEARCH:

where did my human ancestors come from? (ask family, or go back
as far as you know, even if it is not specific to the country, city or village)

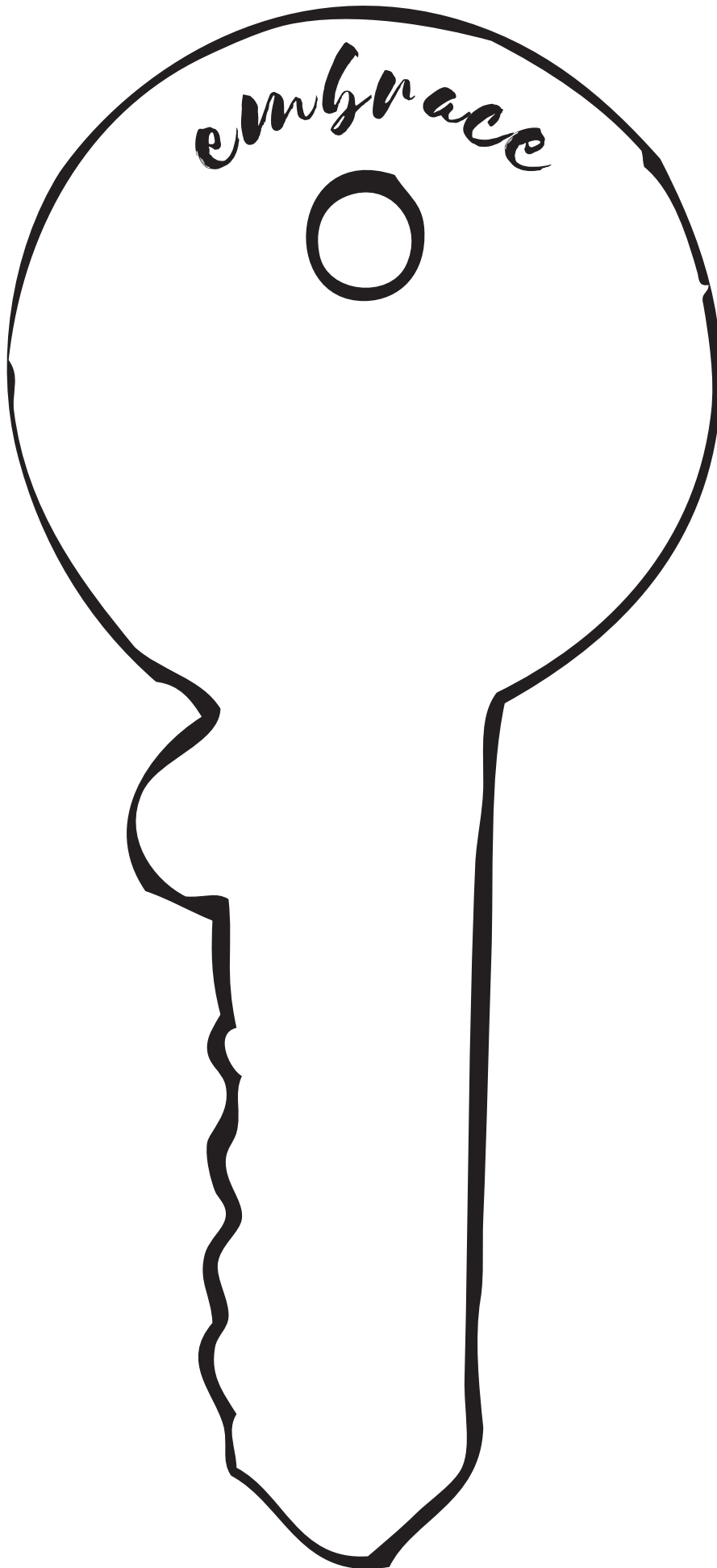
what foods did they eat? what foods were traditional to my
family when I was growing up? what is my relationship to
these foods? what can I explore, learn and pass on from my
current location?

embracing self

WHAT ARE SOME LOVING WORDS I CAN PASS ON TO MYSELF?
WRITE A LOVE LETTER TO SELF...

DEAR ME,

LOVE _____



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i choose

dreams. desires. intentions.
leading me home to my divinity

imagine the life I want to live

open-mind. open heart.
it is my intention to...

life is not about finding yourself, life is about creating yourself

- **george bernard shaw**

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i am creative

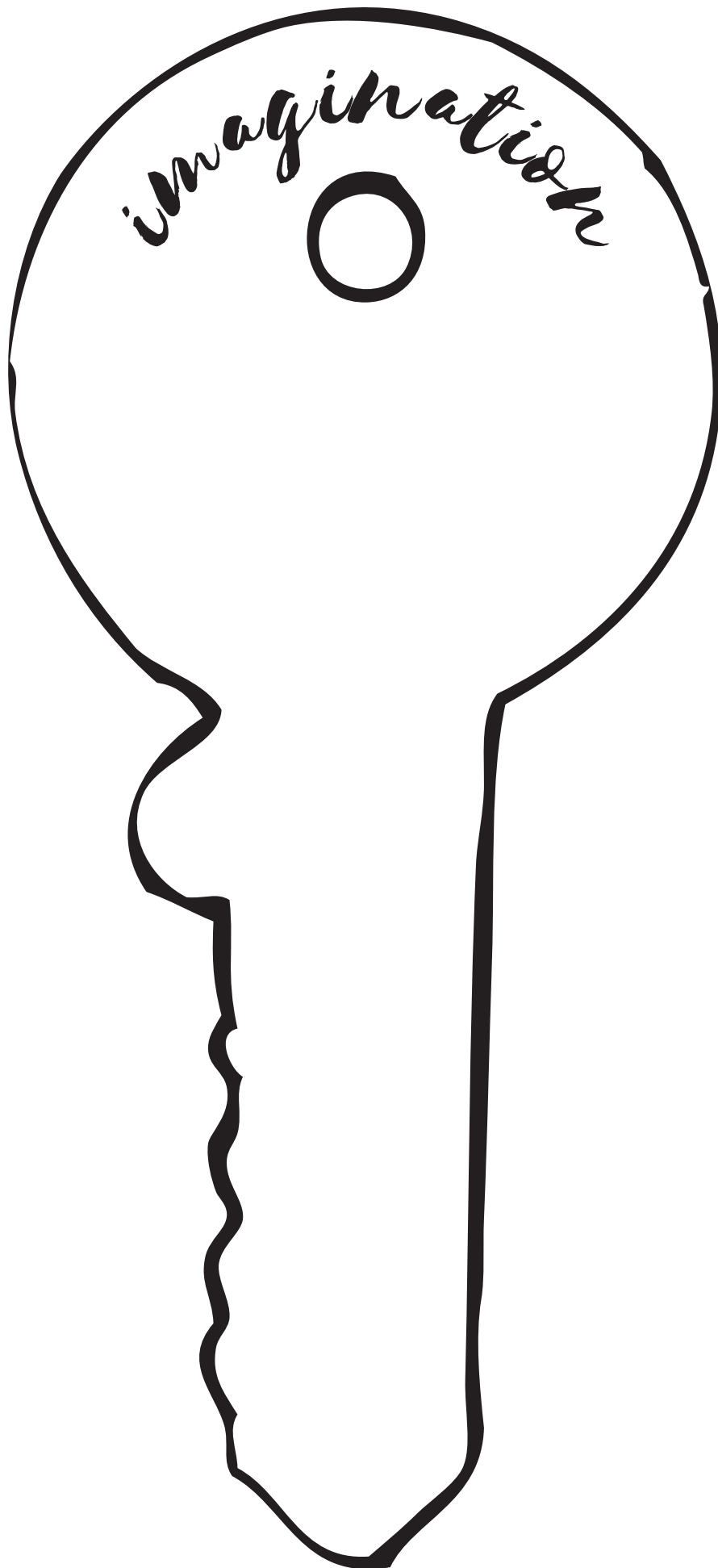
5 things I would love to do
or feel called to do...

imagination is soul work

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movement
when i move my body
i feel

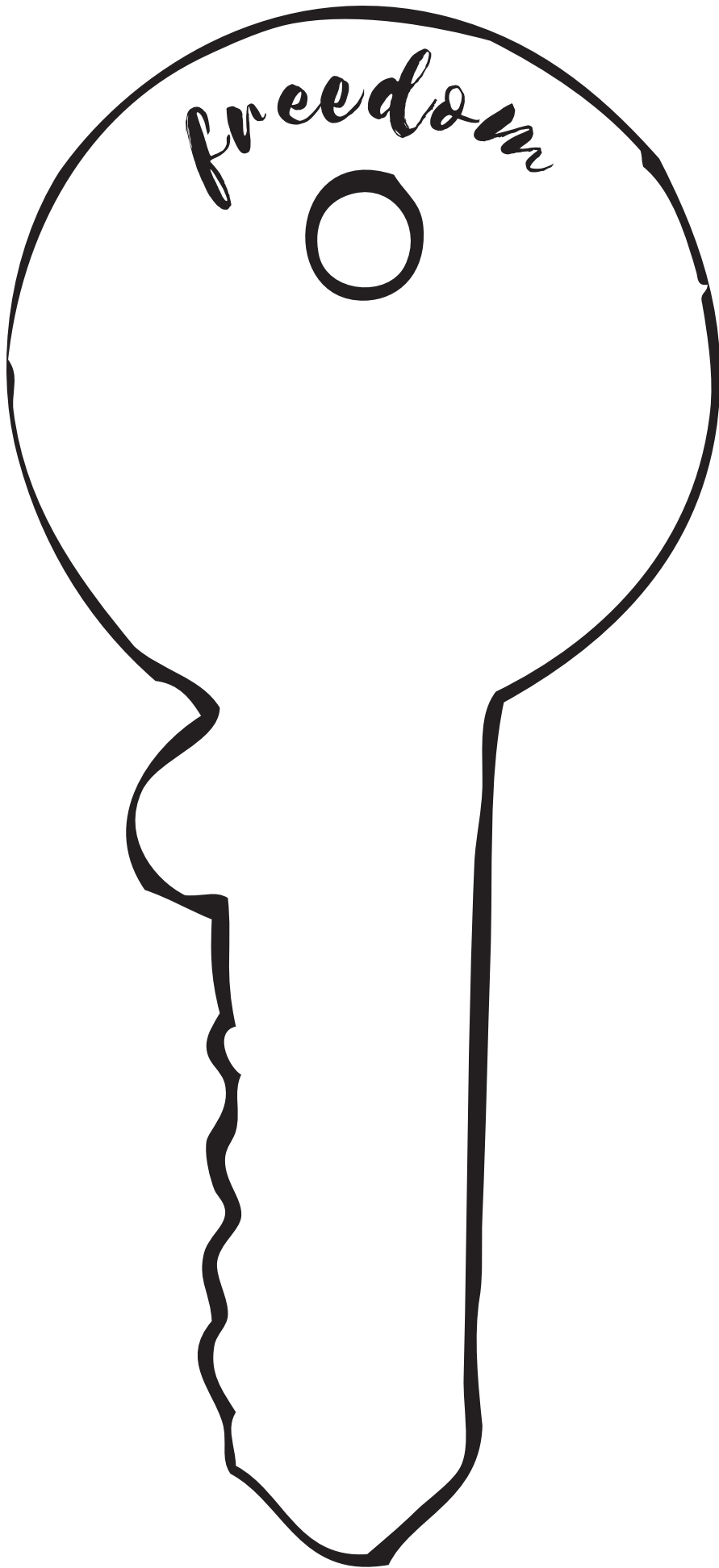
what does it feel like in my body
when I imagine the possibilities?
i am a powerful creator



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liberation
to me means...

i feel most liberated and free when...



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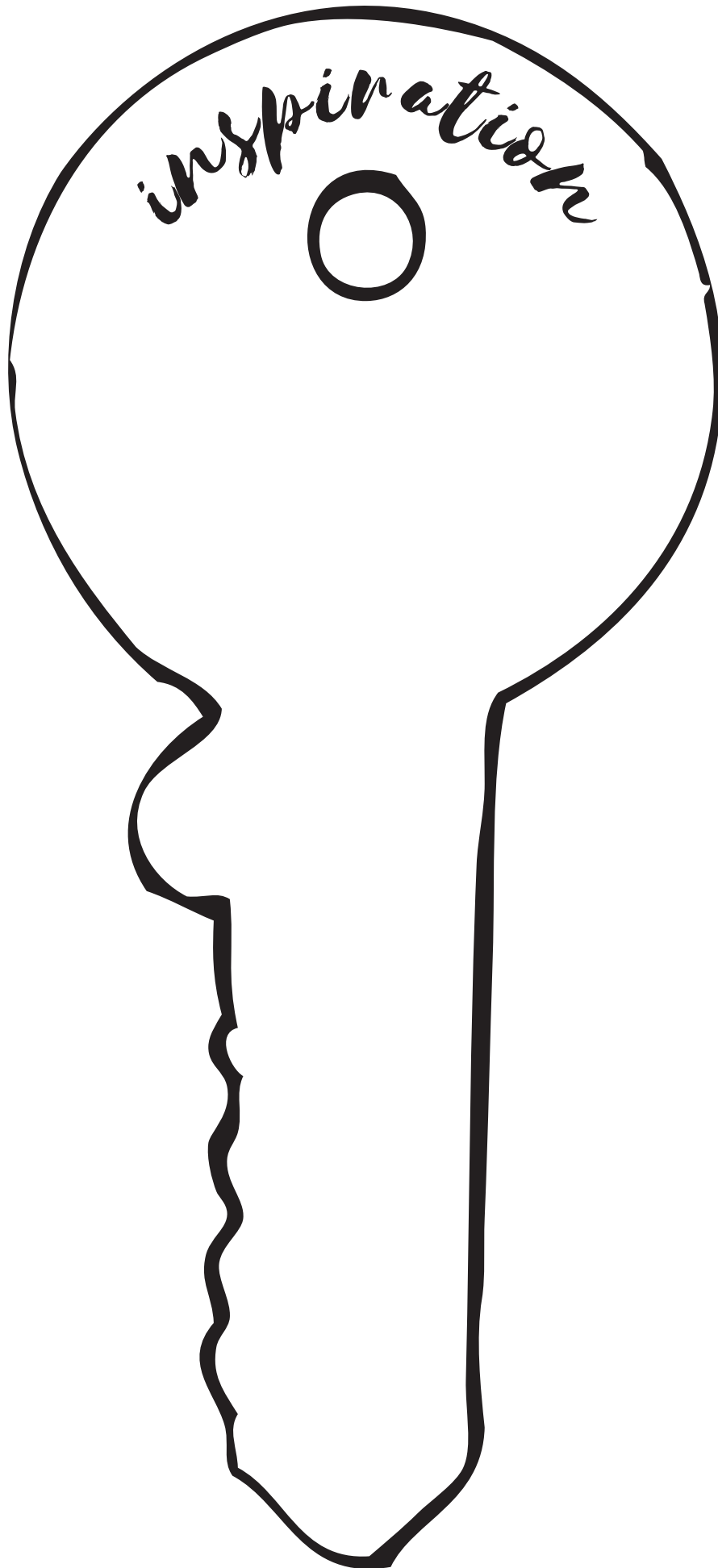
these things inspire me...

list it, draw it, colour it...

nature

ways I can connect to nature

nature reminds me to...



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visualise

the possibilities

what would I like to call in
(include feelings and quality of life)

my vision

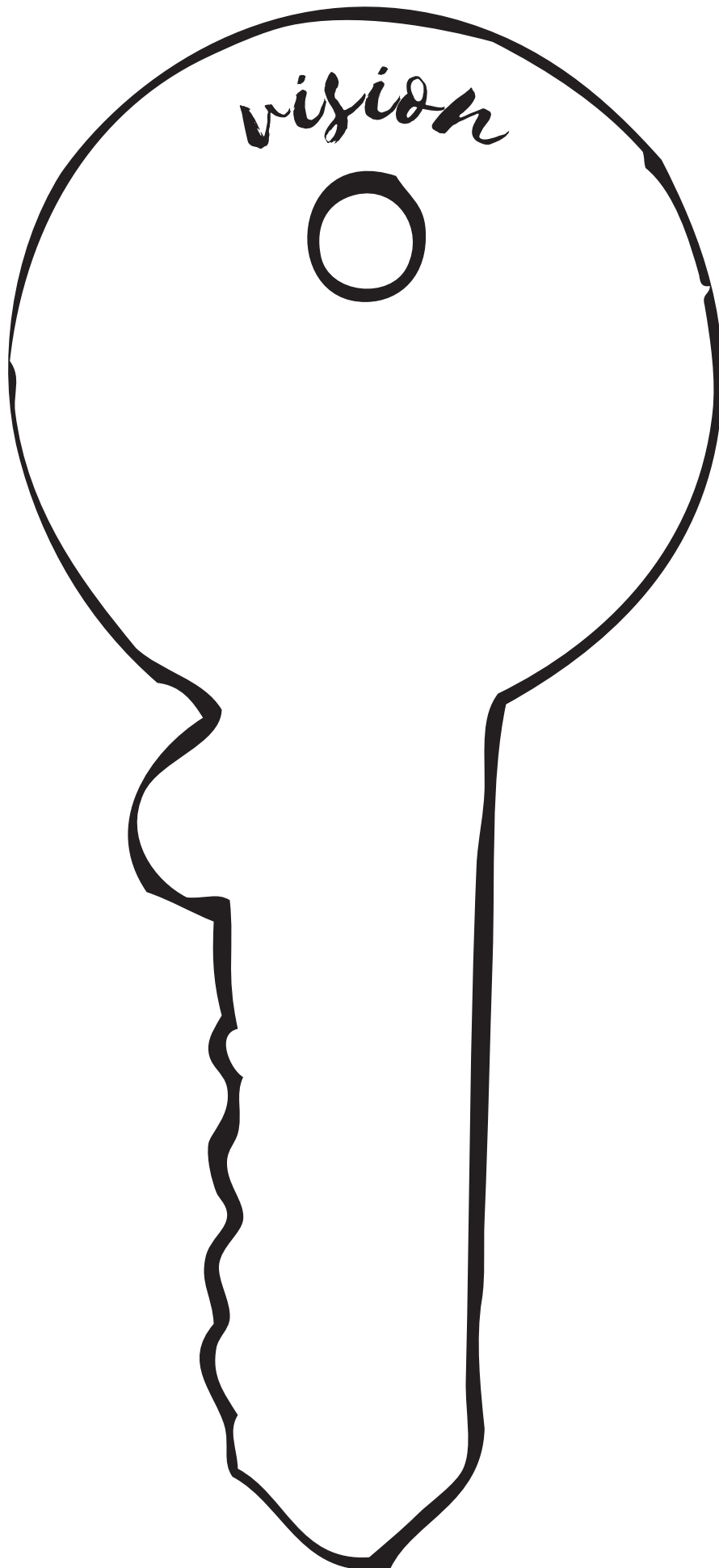
for my life

why?

what is my motivation?

collage it out

cut and paste and/or draw some images that make
me smile...



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inspired action
how can i activate my vision?
what actions can I take?

I am willing...

one step at a time

what small steps can i take?

i am aware of my thoughts

what am i saying to myself?

these thoughts i am ready to release...

what we achieve inwardly will change outer reality
- plutaarch

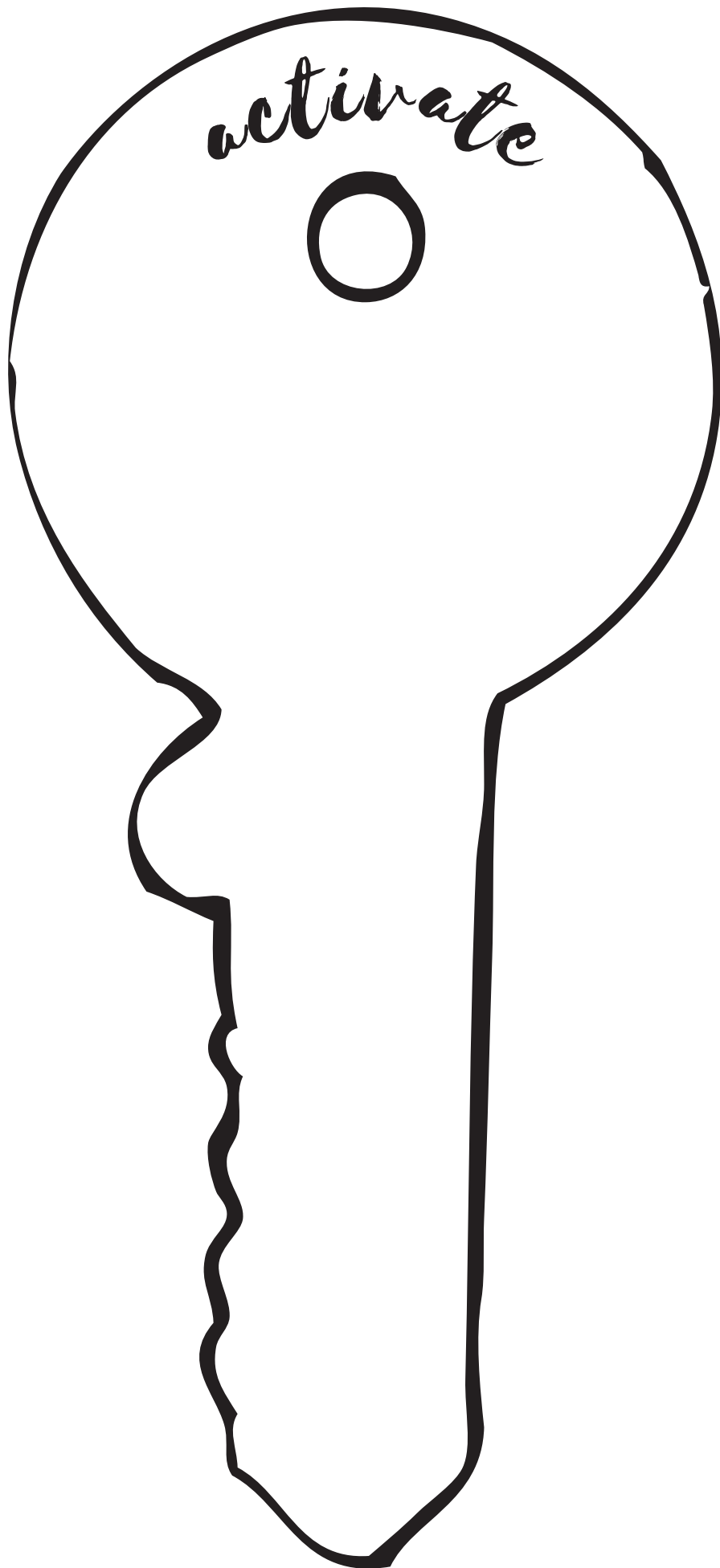
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affirmations

these thoughts I am ready to embrace

these words...

support for how I want
to think and feel (i.e. inspirational quotes)



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my own path

i am on a brave mission to explore and
experience life on Earth...

only i can give myself permission

i give myself permission to...

*have patience with all things,
but chiefly have patience with yourself*

- francis de sales

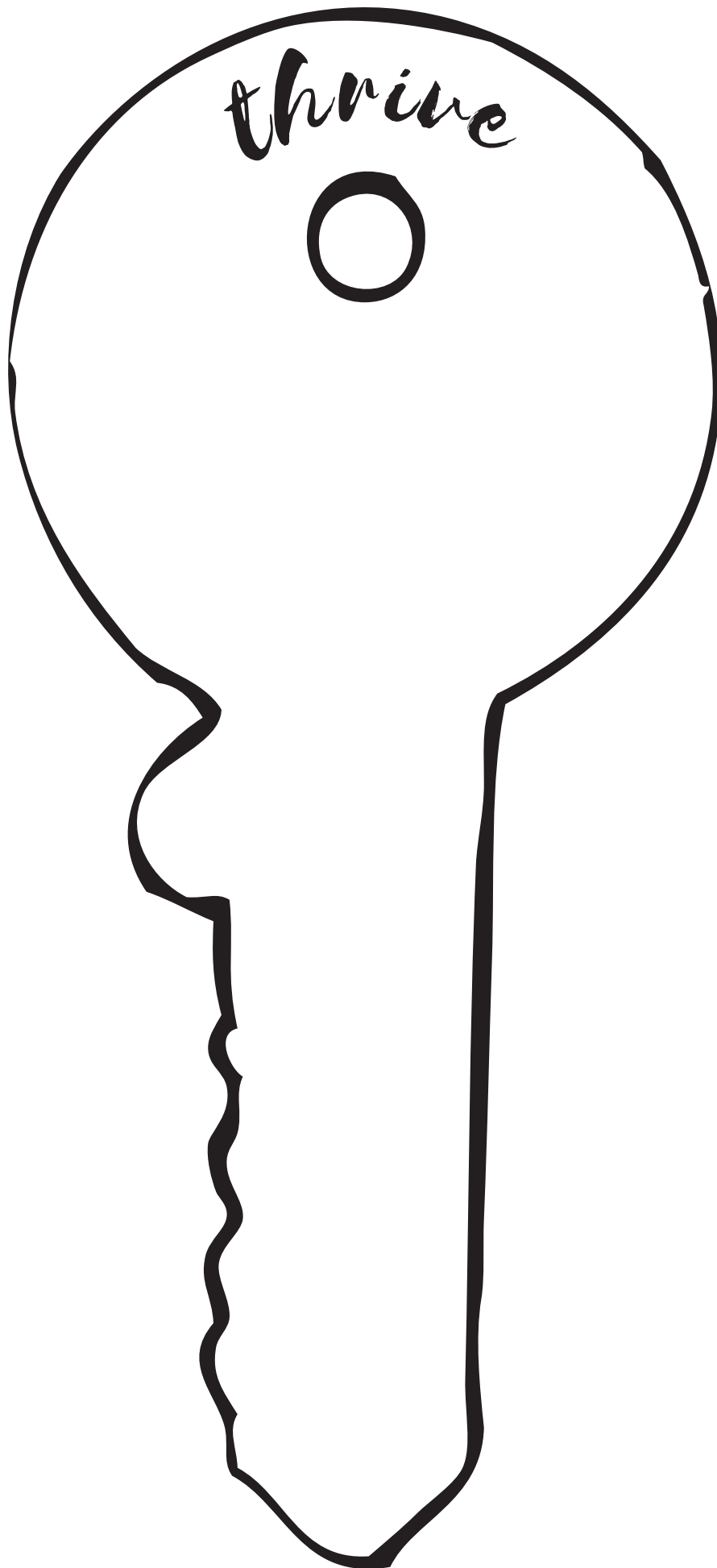
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ask myself
and my body
what do i need right now?

what is happening right now
that is calling my attention?

how can i take
responsibility for myself
and give myself what i need?

i celebrate
even the smallest of things



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my manifesto

i embrace...

i imagine...

i am free...

i inspire...

i envision...

I activate...

I thrive...

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