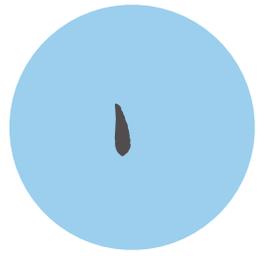


The Awakening
Journaling
Workbook

A 30 Day Guide to
Greater Self-Awareness and
Deeper Peace

Created by Cecily Bumbray

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Why Journal?



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For the last 5 years, daily journaling has been my number one tool for consistent self-awareness. My journal is a sacred, judgement free space, where I can sift through my thoughts and feelings, make crucial decisions about what is important in my life, explore my fears and surrender them. I've found that the days I avoid writing are the days I need it the most. Once I write it out, I find either solutions or the courage to confront whatever was getting in my way. My journal is also a powerful tool of self-affirmation. I use my journal to encourage and build myself up everyday.

I want to offer this free workbook to you, because journaling has been the key to my awakening to self-love. I hope this workbook offers you some encouragement and some space to explore and discover more LOVE and PEACE in your life.

How To Journal

3

There is no right or wrong way to journal. My journal pages have been filled with angry venting, encouraging letters to myself, thoughtful lists of pros & cons about career decisions, secrets I can't seem to tell anyone else, reflections on my day, gratitude lists, and more.

When I first started journaling, I tried to do 3 pages-a-day. Now I commit to one page-a-day, or 10 minutes of writing. In this workbook I offer you one page that starts with gratitude and ends with an affirmation. This is my preference, but feel free to fill your pages however you see fit! I encourage you to give yourself 10 minutes-a-day to put pen to paper with no expectations. Just write! Do it for 30 days straight! It will offer you something you might not have even known you needed.

I've also given some journaling prompts if you feel stuck.

How to Write Affirmations

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Affirmations are statements that one makes to encourage and uplift oneself. In our society, we are taught from a very young age that we are not good enough, and most of us develop some form of negative self-talk – a little voice in our head berating us or discouraging us. I've found affirmations to be the most effective way to replace these negative thoughts with positive ones.

Most affirmations are "I am ..." statements. If you often tell yourself, "I am not good enough," you might want to adopt the affirmations: "I am talented and I am capable."

You can also use the phrase "I commit to ..." For instance, if you are having trouble communicating with a loved one, you might want to adopt the affirmation: "I commit to deep listening."

When you change your mental self-talk, you change your

How to Write Affirmations

cont'd

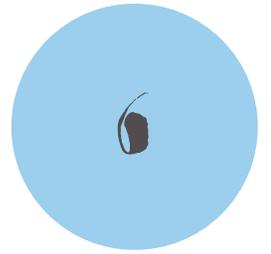
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self-image. When you change your self-image, you change your actions. When you change your actions, you change your life.

For example, if you are someone who loses your temper, and you want to change that, do not tell yourself, "I have a quick temper. I can't help it." Instead, you can start by adopting the affirmations: "I am patient. I am careful and kind with my words. I commit to taking 3 deep breaths if I start to feel angry." If you write and speak these affirmations everyday, you'll notice your behavior shifting to match this new mental image of yourself and this new commitment.

Affirmations have been a key part of my journaling practice for years, often filling the whole page. You can choose one or two affirmations each day, or you can use the same affirmation each day. Try making affirmations part of your daily routine.

Journaling Prompts



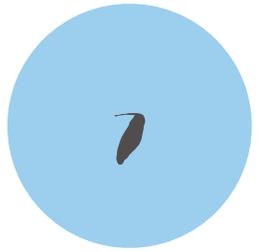
What have I done well over the
past week?

What am I resisting at this
moment that is holding me back?

List 3 - 5 compliments I've received in
my life that are not about my
physical body.

What do I want my life to
stand for?

Journaling Prompts, cont'd



What did I do well today?

What could I have done better today?

What in my life is not serving my overall well-being? Can I change that?

What do I need to forgive myself for? Am I ready to forgive?

List at least 10 things that make me feel joyful or at peace.

More Resources

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You can find a long list of my favorite affirmations at

www.cecilymusic.com/blog

Suggested Reading



The Power of Now by Eckhart Tolle

The Monk Who Sold His Ferrari by Robin Sharma

The Artist's Way by Julia Cameron

Living Beautifully with Uncertainty and Change by Pema Chödrön

How To Love by Thich Nhat Hahn

The Mastery of Love by don Miguel Ruiz