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*Before you begin….*

*Welcome to your Journal. This is a beautiful way that you can begin to support yourself. When you take time just for you, your thoughts and your emotions you are allowing yourself to receive support and inner guidance.*

*Create a loving and gentle ritual in a comfortable place, where you can connect to yourself.*

*Find a quiet space and sit comfortably.*

*Light a candle and burn essential oils (safely).*

*Turn on some gentle and relaxing music.*

*Take your Journal and your favourite pen.*

*This can be an emotive topic, so please be gentle with yourself. Allow whatever needs to come up, to rise. If it becomes too much, please do get in touch with me and I guide you to some further supports.*



When I think of being supported by others, I feel…………

When I think of supporting others, I feel…………….

I don’t know how to ask for support because……

I feel guilty about looking for support because……

I have never experienced being fully supported because……

I believe that the Universe and higher realms are there to support me because………

I feel supported in my life because……..

I support myself emotionally by………..

I support myself physically by……..

I support myself mentally by……

I feel I am worthy of being supported because………

I need support because……….

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