



ALLOW

YOURSELF

'Your Space' Journal

Welcome to your Journal to help support you on your path this month in allowing yourself to be who you have come here to be. This is a gentle and uplifting month and I hope you will make some time for yourself to put pen to paper and allow your thoughts and emotions flow onto the page.

Safely light a candle, pour yourself some water/herbal tea/cacao and get comfortable as you create a cosy space to journal.

Before you begin journaling I would love you to do the following:

Close your eyes and take a few deep breaths in and out.

Visualise yourself in a space where you can allow yourself to do everything your heart desires; free from limitations.

Sit with these feelings and sensations for a few moments and really embrace this energy.

Take a few deep breaths in and out.

Open your eyes.

A simple practice like this can really center your energy before you begin, to help your journaling be even more powerful.

Much love to you this month.

Caroline x

Why do you not allow yourself?

How does not allowing yourself affect you and your life?

What limiting thoughts and beliefs do you feel are stopping you from allowing yourself?

If you allowed yourself who would you be?

If you allowed yourself what would your life be like?

If you allowed yourself what would change?

If you allowed yourself who or what would not be in your life?

Remember a time now that you fully allowed yourself to be something or do something and it worked out really well. What was this?

How did it feel in this moment to allow yourself?

What positive impact did it have on your life?

Are you ready to allow yourself more?

Why?