

# YOUR *Journaling* GUIDE



**HI** *There!*

I'm Erin, a local Reiki Master and Healer Extraordinaire.

I created this guide to help you dive deeper into your own self discovery and healing journey through one of my MOST favourite tools: journaling!

## **HOW IT** *Started*

When I first began my healing journey there would be days that I'd spend hours with a pen in my hand writing down everything that was on my mind. I'd openly and unapologetically write out all of my thoughts, all of my feelings, all of my emotions, literally everything, and all of it.

## **WHY** *Journal?*

Something happened when I'd write stuff down on paper. It's like it gave tangible weight to the energy of my thoughts which helped me process that energy out, and then have more clarity and lightness in my mind.

It also slowed my thoughts down which gave me the space I needed to clear my mind (remove the stress) so I could actually feel out the emotions behind the thoughts.

This ultimately helped me understand so much more about myself, and led me towards healing and self love. It helped me so much that I wanted to share it with you too!



*Red Petal Co.*



# YOUR *Journaling* GUIDE



## HOW IT *Works*

There are 4 categories in this guide:

1. Self Reflection
2. Self Discovery
3. Go Deeper
4. Inner Child

Each section includes journaling questions and prompts to help you get started. I'd suggest reading through all of them and going with the category that feels right for you.

## SMALL *Warning*

When you dig deeper into understanding yourself, sometimes it can stir up some thoughts, feelings, or emotions that are tough to handle on your own. But you're not alone. Feel free to reach out to me by clicking any of the links at the bottom of each page. I'm here for you!

## QUICK *Tip*

When I suggest to "free write" or "let your pen take the lead", try to get out of your head and just allow whatever comes up to easily flow through your pen and onto the paper. It's like your pen knows what to write, you just need to get out of the way to let it flow.

I know first hand how powerful journaling is, and I know that this guide will help you so much along your personal journey too!



Red Petal Co.



# YOUR *Journaling* GUIDE

## **SELF** *Reflection*

Easy feel-good Q's for journaling inspiration you can do every day. Use these Q's for a little pick me up and to help focus on the positives of your amazing life! The point is to keep the answers light and simple.

## **THE** *Questions*

What's one thing you're grateful for right now?

What do you value most about today?

What's one positive thing you can say about yourself?

What's one thing you learned today?

Who's one person that means alot to you and why?

What made you smile today?

Free write anything that you're called to, or let your pen take the lead and see where it leads you.



*Red Petal Co.*





# YOUR *Journaling* GUIDE

## **SELF** *Discovery*

Use these questions if you want to get to know yourself on a deeper level, and gain confidence to move towards what you really want in your life. Awareness is key and then all it takes is one small step to gain some momentum towards what you really want.

## **THE** *Questions*

What habits do you have that you know aren't good for you?

What habits do you have that make you feel good?

What fears do you have that stop you from moving forward?

What would change in your life if you didn't care about what other people think of you?

Where does your insecurity really come from? (Think about childhood experiences, influencers, etc. that impacted you. If this feels challenging, try the Inner Child Q's)

If everything could go right for you, describe your dream life. (Go big here, dream it all out, no holding back)

What's one small thing you can do to start living that life? Pick something small that you can commit to, and start implementing that thing into your life, when it feels right for you.

Free write about how you feel when you do that one thing, and anything else that comes up.



*Red Petal Co.*



# YOUR *Journaling* GUIDE

## GO *Deeper*

Use these questions if you're ready to dig deeper into your emotions. The more you ask yourself why, the more you can shift your perspective from the surface level and discover more about where those emotions really come from. Then you'll be able to truly heal at the root of it, instead of on the surface level.

## THE *Questions*

What's bothering me right now?

Why do I feel that way?

And, why do I feel that way?...

Continue asking yourself why, up to 7 times deep. As you dig deeper, think about what happened through your childhood that made you feel these kinds of emotions.

Free write about what comes up, or about the surface level emotions vs. where they really come from. Be easy on yourself as you feel the emotions that come up when you're writing, and try letting your pen take the lead.



*Red Petal Co.*



# YOUR *Journaling* GUIDE

## INNER *Child*

Your inner child is the kid version of you that stays with you your whole life. They're the ones who want us to laugh, play, imagine, and truly enjoy all that life offers. Your inner child also needs healing from some of the traumas (big or small) that you experienced and that are still affecting your life now. When you heal your inner child you heal your now self too, but to do that you have to go down that road to understand how to heal from the root up.

## THE *Questions*

As a child, what was the one thing that brought you the most joy?

As a child, what was a quality you had that you wish you still had now?

What's stopping you from having that quality now?

As a child, what did you feel you always lacked or were deprived of?

In what way is this affecting your life right now?

How is your Inner child currently feeling?

If you could go back, what would you say to yourself as a child?

What is your Inner child afraid of?

In what ways are those fears affecting your life right now?

(continued on next page)



Red Petal Co.





# YOUR *Journaling* GUIDE

## THE *Questions* CONTINUED...

How can you provide love and care to your inner child right now?

What brings you joy, and how can you bring more joy into your life right now?

Free write anything that comes up, like specific experiences that happened to you, allowing yourself to feel all the emotions as you write, and letting your pen take the lead.



## THANK *You!*

Using this guide will help you dig deeper into your own self discovery, offer a deep healing opportunity, and show you the way towards who you really are and what you really want! Happy journeying!

Have a question or any feedback for me? Just want to connect? I'd love to chat! You can reach me by email or by clicking any of the links below...

*Erin Hofer*

Reiki Master and Healer Extraordinaire  
erin@redpetalco.com



*Red Petal Co.*

