

LIBERATED WOMAN JOURNALING

A DAILY ALIGNMENT +
EMBODIMENT
PRACTICE



SLOW DOWN. DO THE LIBERATED BREATH.

WRITE DOWN: WHAT DOES YOUR BODY WANT YOU TO KNOW?
INSIGHTS FROM YOUR BODY INTELLIGENCE

HOW DOES LIFE / LOVE WANT TO MOVE THROUGH YOU TODAY?

OWN YOUR DESIRE(S). WHAT DO YOU GET TO HAVE? CLAIM IT
FROM YOUR INNER KNOWING THAT YOUR DESIRES ARE MEANT
FOR YOU.

EMBODY IT. WHO DO YOU GET TO BE / THE VERSION OF YOU
WHO ALREADY HAS IT – WHAT ARE THEY LIKE?

WHAT IS YOUR REQUEST FOR SUPPORT / CONVERSE WITH THE
UNIVERSE (ANGELS, SPIRIT, GOD, ETC)...

THE MAGICAL QUESTION OF THE DAY (THIS QUESTION OPENS YOU UP TO THE WONDERS OF THE UNIVERSE DELIVERING YOUR INTENTIONS)

AFFIRMATIONS (ESPECIALLY "IAM" STATEMENTS):

WHAT IS MAKING ME SO GRATEFUL TO BE ALIVE?

WHAT DO YOU WANT TO LET GO OF? NAME IT, SEE IT, SO IT LOSES POWER

LET YOURSELF FEEL THE SENSATIONS IN YOUR BODY RELATED TO THIS. WHAT WE FULLY TOUCH, DISSOLVES.

AND REPLACE IT WITH?

SCRIPTING DETAILS TO REALLY LET IT BE REAL. (AND FEEL IT IN YOUR BODY)

IF IT WAS RIGHT IN FRONT OF YOU, COULD YOU RECEIVE IT? NOW TAKE IT TO THE MIRROR + FEEL YOURSELF RECEIVING IN YOUR BODY

