An Inspired Journey

Reflective Journal

A printable resource based on the reflective questions from the inspirational book by Rachel Marie Hammann

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www.rhymesbyrachelmarie.com

What Do You Believe?

Self-reflection

Authentic

How do I express myself authentically?

Balance

How do I re-align myself when I feel out of balance?

Compassionate

How can I be more compassionate towards myself and others?

Divinity

Do I allow the highest, divinest version of myself
to be embraced and expressed in my reality?

Emotion

How often do I consciously reflect on my feelings and
reactions?

Forgiveness

Is there anything or anyone that I need to forgive
in order to restore peace in my life?

Grateful

What are five things that I am truely grateful for?

Health

How do my lifestyle choices prioritise my health?

Intuition

When I feel my intuition is guiding me, do I respond proactively?

Joyfulness

What are five things that bring me joy in life?

Kindness

What are the kindest things I have done recently, for myself and another?

Love

How do I weave unconditional love into my life everyday?

Myself

What thought patterns or self-talk do I need to alter in order to believe in myself completely?

Now

How often do I pause and be fully present in life moments?

Open Mind

Do I allow my belief system the flexibility to be challenged and changed?

Purposeful

What are five things that make me feel purposeful?

Questioning

How often do I question the status quo or the mainstream narrative?

Responsible

Do I take responsibility for my thoughts and actions?

Sustainable

What are my daily sustainable practices?

Thoughtful

How have I recently expressed myself thoughtfully?

Uniquely Beautiful

What are five self-affirmations that I can make part of my daily routine?

Volunteering

How can I be more helpful within my community?

Worthy

What are five things that I believe I am worthy of?

XO

Do I feel that I give and receive enough kisses and hugs?

You

Do I believe in myself?

Zzz

How can I create a smoother night-time transition?

Reflective questions

What are my core beliefs about my life?

What do I believe about myself?

Does my belief system truely reflect myself and resonate with me personally? How?

Do I hold any beliefs that restrict or limit me from being my best-self or living my best life? What?

Am I open-minded and willing to change or remove any beliefs that don't align with my authentic-self?

What Have You Learnt?

Self-reflection

Achievements

What has been my greatest personal achievement?

Busy

How can I slow down the pace of my life to benefit my well-being?

Change

How do I react to change?

Deep Breathing

During my day, how often do I focus on my breathing?

Evening Ease

How do I unwind at the end of the day?

Food & Drink

Am I always aware of the ingredients that I consume and their impact on my health and well-being?

Good Morning

What is one affirmation and one intention that I am going to begin every morning with?

Help

Do I feel confident and comfortable asking for help?

Individuality

What do I believe makes me a unique individual?

Judgment

Based on a recent judgmental thought or action - what does it suggest I need to work on?

Kindness

What are five kind things I choose to act upon today?

Letting Go

Focusing on my heart-space, what do I feel that I need to let go of in order to restore harmony within?

Mindfulness

How do I practice mindfulness?

Nature

Where is my favourite natural environment?

Organic

What is my perspective on living organically?

Physical Beauty

What are three positive affirmations I can say about my body every day?

_____

_____

_____ ♥

Quality

What areas of my life do I need to slow down and focus on quality?

_____

_____

_____ ♥

Regret

What is something I regret that I will now process and release?

_____

_____

_____ ♥

Social Pressure

Do I allow societal pressure to influence my life choices or dimmer my authenticity?

Technology

Do I feel that I need to limit my daily exposure to technology?

Understanding

How well do I truely know myself?

Visualisations

Have I ever intentionally used visualisations to enhance my creative process?

Walking

How often do I seek to understand others without judgement?

X - Crossing Paths

Thinking of someone I have met in the past - can I now identify the purpose of our encounter?

Your Career

What is my dream job?

Zeroing In

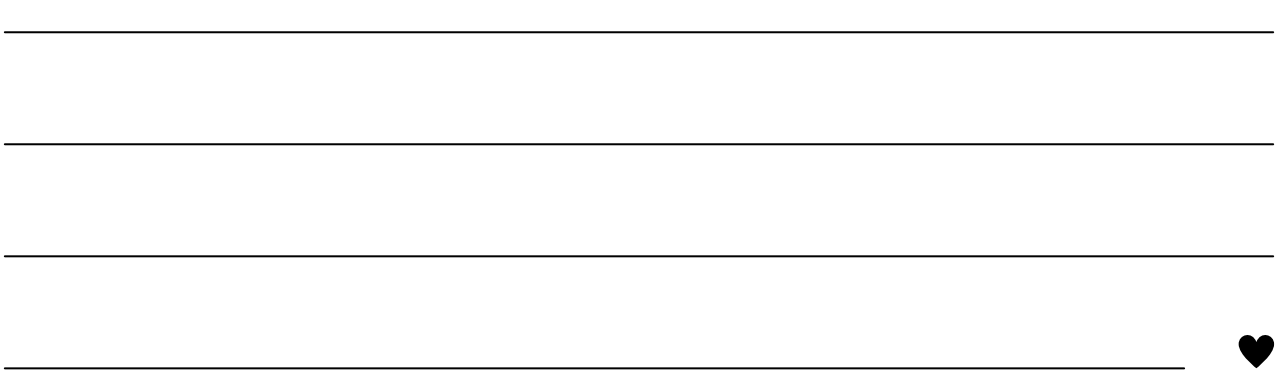
Thinking of something that I deeply desire - I choose to believe that is it possible and I allow it to manifest in my reality.

Reflective questions

What have been my biggest life lessons?

Have I learnt and grown from life lessons or have they repeated themselves?

Do I have an open mind when learning or experiencing new things? If not, what is restricting me from doing so?



What Inspires You?

Self-reflection

Reflective questions

How do I establish a state of balance in my life?

Where do I draw my life inspiration from?

Who inspires me the most and why?

What is something that is inspiring about myself?

What are five things that I am grateful for?

What Is Important?

Self-reflection

Reflective questions

What is important and of value to me?

Do I maintain my own personal value system? How?

Do I feel that I am in alignment with my authentic-self? If not, what changes can I make to feel more aligned?

What are five daily affirmations that I can express to uplift and enhance my well-being?

What are five ways that I can embody my personal power?

What Is Creation?

Self-reflection

Reflective questions

What are my thoughts about the concept of an energetic universe?

What are my thoughts about multi-dimensionality?

What do I believe about who I am?

What do I believe are my purposes in my lifetime?

What are my thoughts about my reality?

What are my thoughts about a holographic reality and sacred geometry?

What are my thoughts about universal laws?

What are my thoughts about the ascension process and the ascension cycle?

What are my thoughts about disclosure?

What do I believe is next for me?

I hope that you have found some
answers and gained some clarity.
To be completely honest with yourself
can take courage and bravery.
May you continue to self-reflect
throughout your journey.
These are your perspectives,
this is your life, this is your story.