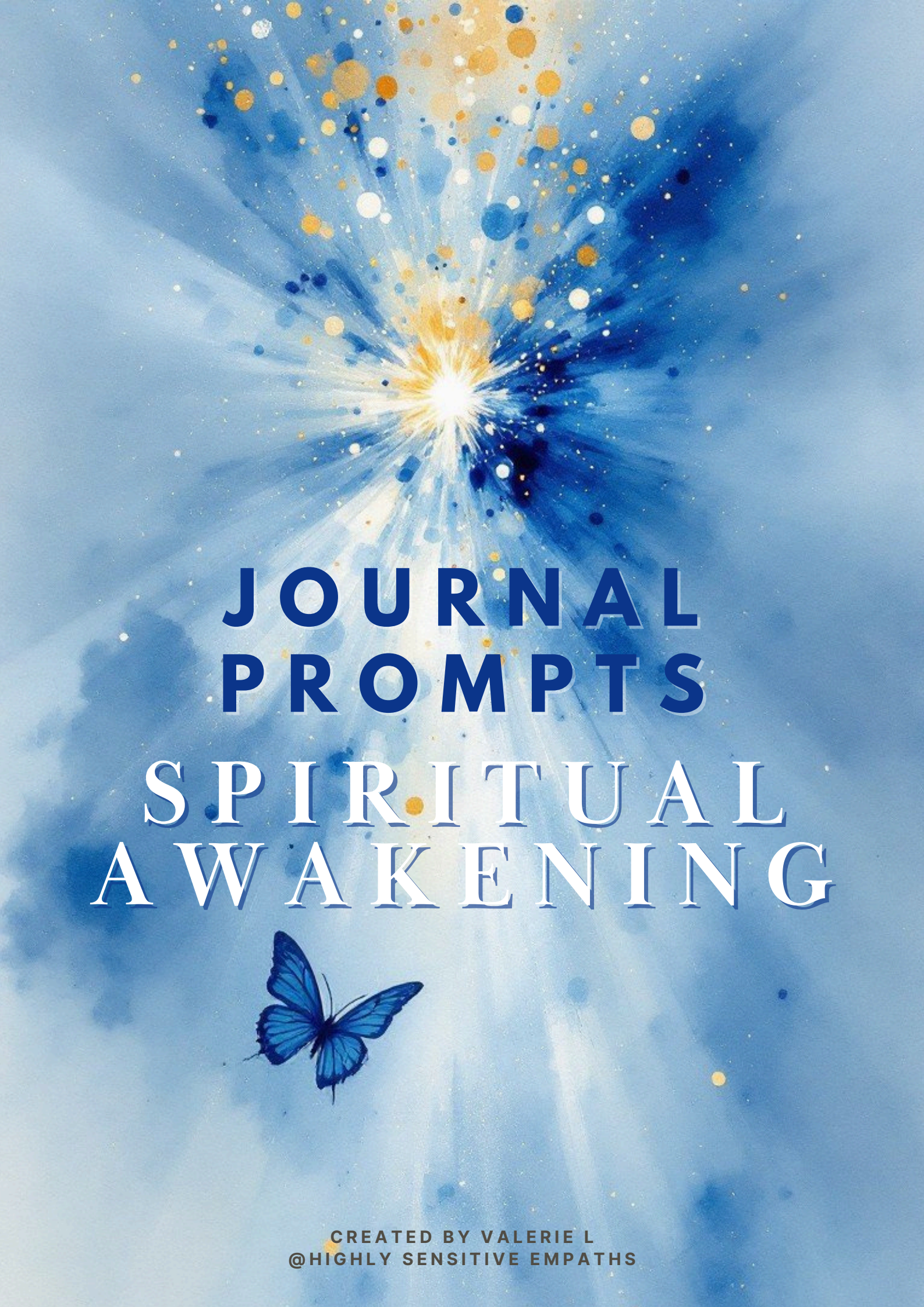


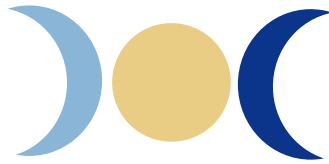


JOURNAL PROMPTS

SPIRITUAL AWAKENING



CREATED BY VALERIE L
@HIGHLY SENSITIVE EMPATHS



JOURNAL PROMPT *SPIRITUAL AWAKENING*

Journaling has always been one of the truest ways I make sense of myself, especially during the messy, disorienting seasons of awakening. **There's something grounding about letting thoughts land on a page** when everything inside feels in motion. Not to tidy them up. Not to solve anything. But to see what's actually happening beneath the noise.

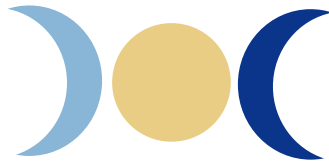
That's why this workbook exists. Not to tell you how to journal, but to offer you prompts that can **hold you when your own clarity slips** through your fingers. Prompts that help you pause, breathe, and translate what feels blurry, intense, or too big to think your way through.

Some days you might write a whole storm of words. Other days it might be a sentence, a symbol, a line of colour, or a scribble that captures more truth than a paragraph ever could. All of it counts. All of it is part of your unfolding. **Awakening rarely feels gentle.** It challenges the narratives you've lived by. It pulls old emotions to the surface when you least expect it. In moments like that, having a starting point - a clear, grounded question - can make all the difference. That's what these prompts are for. They're not here to guide your awakening. They're here to help you witness it.

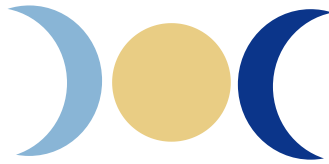
Move through them slowly or intuitively. Pick one and sit with it, or let yourself drift toward the one that tugs at you. Don't force depth. Don't chase meaning. Let each prompt meet you where you actually are, not where you think you should be.

My hope is that these prompts become small places of honesty for you - places where things click into place for a moment, or loosen just enough for you to breathe. **Use them as often as you need.** Come back to them when the ground shifts again.

They're here to walk with you through the parts of awakening that feel confusing, raw, or strangely beautiful in their own way.

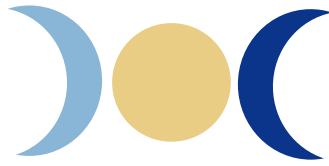


What is your definition of a “higher power” - use whatever word aligns for you – be it God, Universe, Infinite Intelligence, Higher Consciousness, Source, Great Spirit or anything else that resonates with you? Think about the feelings evoked when you imagine a higher power along with any characteristics that feel true to you?

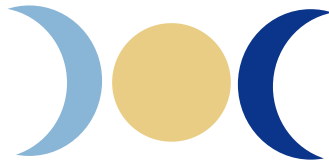


How would you define your spirituality currently?

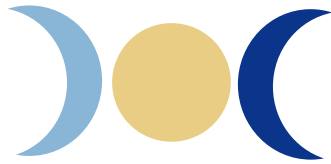
Do you identify with any spiritual groups or a particular religion? Do you feel spiritually awake and to what degree? What would be one or two sentences to describe your spirituality?



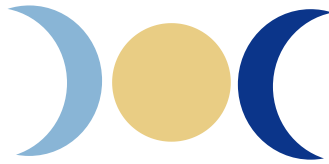
What resonates or does not resonate about your early spiritual influences?
What can you take away from your past experiences and what do you wish to discard?



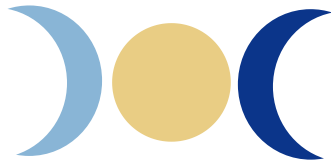
What spiritual practices intrigue you that are different from your own?
Have you ever thought about going on a spiritual retreat somewhere? Joining
a drumming circle? Or a prayer group? What spiritual practices or religions
fascinate you?



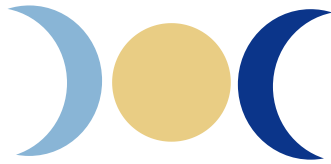
How does your intuition connect to your spirituality?
How does your intuition help you be more spiritual?



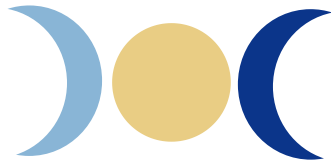
How can you live in better alignment with your spiritual beliefs?
Where do you need to improve to be the best version of yourself? How are you walking the walk and not just talking the talk? How is your integrity?



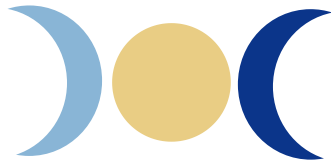
What do you feel called toward? Why?



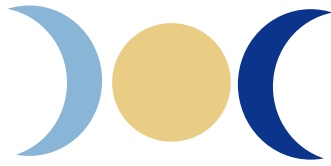
Where do you feel out of integrity with yourself?



What are you currently resisting? Why?

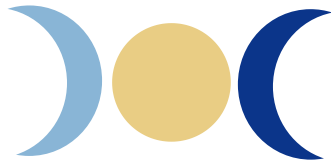


What are your top three superpowers?



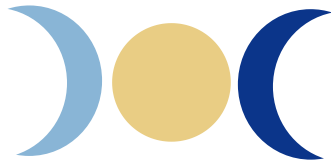
When you are at my best, you are...

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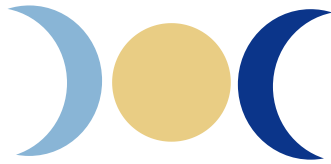


What is it like to be you?

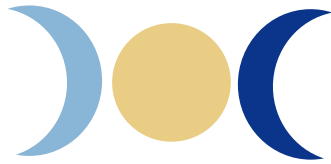
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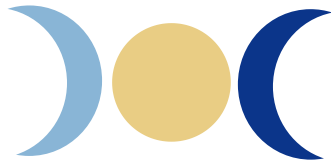
What gives you the most purpose in life? How can you do more of that?



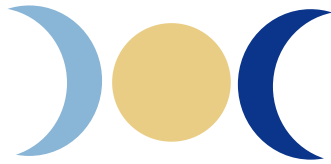
What destructive patterns do you notice you repeat? Why do you think you repeat them?



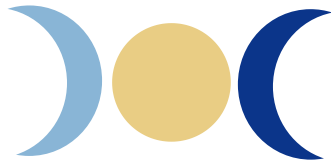
What makes you feel like you're connected to something more powerful than yourself?



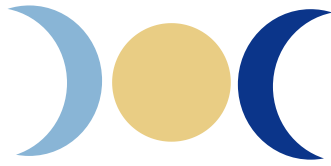
What beliefs or fears feel ready to be released?



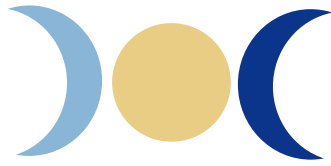
Why do you compare yourself to others? Is it healthy? What would happen if you stopped?



What are you most afraid of? Why? What would it mean if your fear materialized?

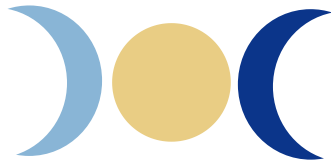


Do you think life is fair? What realities challenge that notion? Which supports it?

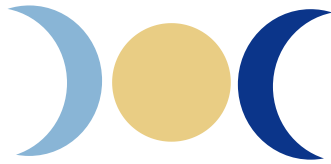


What does true peace look and feel like to you?

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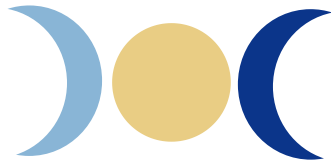


In your opinion, what is humankind's most remarkable quality?

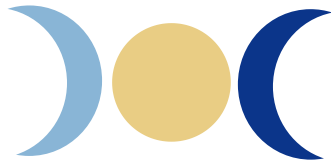


If it's true that everything is connected, what does that mean to you?

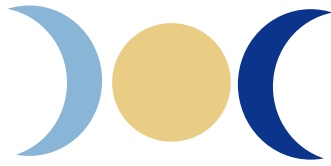
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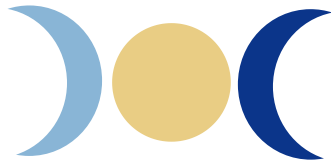
What fills you with hope?



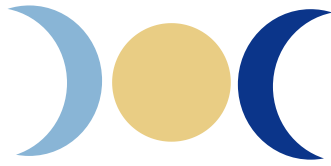
How can you help the world become a better place?



What does wisdom mean to you?

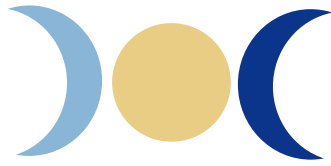


How have you felt guided, or what signs have you noticed that suggest a transformation?

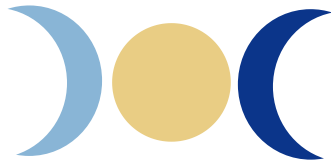


What recent mystical or awe-filled experiences have you had?

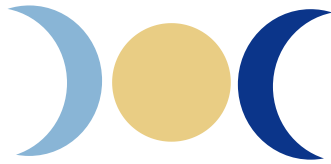
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What do you fear most about your intuition or the path you are on?

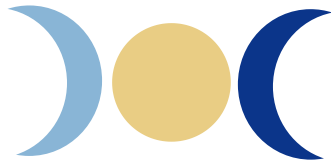


Reflect on the three biggest lessons you believe your Soul came into this life to learn.

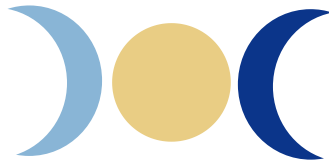


What experiences, tools, environments, or beings help you to feel more connected with your Soul?

A large, empty rectangular box with a thin, light brown border, intended for a user to write their response to the question above.



Think about a difficult situation in your life, what is its deeper/higher underlying teaching?



As you reach the end of this guide, **take a moment to acknowledge where you are in your awakening.** Not the polished version you might try to present to others, but the real one - the messy, confusing, disorienting, sometimes exhilarating inner earthquake that reshapes everything you thought you understood.

Awakening has its own rhythm. It doesn't care about timelines, comfort, or convenience. It asks for honesty, presence, and a willingness to sit with what rises. **These prompts were created to give you a structure when the ground feels unsteady and a way back to yourself when nothing makes sense.**

And if you ever find yourself in a place where the inner noise is too loud, the insights come too fast, or the emotional terrain feels unfamiliar, you're not expected to navigate it in isolation. Reaching out for support isn't a weakness - it's a way of staying anchored while your inner world rearranges itself.

If you feel you need guidance, grounding, or simply someone who understands the intensity of awakening without sugarcoating it, you're welcome to reach out to me. I'm here. Not to rescue you, not to tell you what your path should look like, but to walk with you while you find your footing.

**Your awakening is real. Your experience is valid.
And you don't have to go through the chaos without support.**

Valerie



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