

The WalkAbout

Self-Reflection & Journaling

Day 1

Grab your favorite pen, paper and find your favorite spot to write. If you would like to add art, doodles, or magazine clippings or pictures to your journal, GO FOR IT! I ABSOLUTELY encourage this! I suggest journaling at a time that has minimal distractions and also removing the digital distractions we are all bombarded by.

For example, shut down the computer and your phone for the 10 to 15 minutes you write. Do not worry about punctuation, format or spelling. Use this time to just write and get your words to paper. The first step to manifesting something in your life is to be able to first understand what it is that you desire. The more real that visualization is, the easier it will become.

This exercise will allow you to truly reflect and begin to form that visual of what it is you desire. If you allow the details to flow, it will be a powerful writing session.

What is Joy?

What does joy look like for you? If you were completely joyful, what would your world look like? Where would you be (*your 'joyful place'*)? What would you be doing? Who would be with you? What does that world, that place in time, that moment, that second look like to you? Please use all of your senses in your writing.

Express not only what you see, but what you feel. What would your body feel like? How about your 'guts', how would they feel? How about your heart, how would it feel? Where would your mindset be? How would your spirit, your soul feel deep down?



Now use your senses to assess your physical surroundings. What are the scents that you smell? What is the temperature like? In addition to your senses, include other juicy details in your writing. Share the colors you see, the actions of individuals in your vision, the feelings you have when you are writing your joyful story. *Again, this is a private exercise to be completed in your own journal, paper, or notepad.*

Remember... this is YOUR time. Enjoy this exercise as you reflect & write.

xo, Kristine, The Lioness

