

acubalance

wellness centre

The Journal is your private place to express all your inner thoughts and feelings. Begin to understand yourself through writing. You can then move closer to knowing who you are and who you want to be in life. Your feelings, your breakthroughs, your desires - Discover yourself.

Getting Started

Find a comfortable position in your chair. Clear your mind. Relax. And let your thoughts and emotions flow freely. It is important that you do not censor yourself as you write. Do not worry about grammar or punctuation errors. Put every thought onto the page. Be risky. Be daring. Be you.

How can a journal help me?

Self-discovery. Writing consistently in a journal can give you a deeper connection with your own inner self.

Less stress. Releasing all your inner thoughts and anxieties through writing can help release unwanted stress.

Courage to pursue your passion. Knowing what you want to do with your life is the first step in making it happen.

Understanding the past. Journaling can bring up many issues in life that are still unresolved. Writing about them helps take you to a place of forgiveness and healing.

Greater sense of peace. Listening to your inner thoughts through writing will give you a greater sense of peace and a more positive outlook on your experiences in life.

Awareness Get to know what really brings you joy in life.

Journaling Topics to Cultivate your Fertility

What are you grateful for?

What makes you whole?

What gives life?

What is your relationship with your body?

What is your relationship with your partner?

What kind of mother was your mother?

What makes you reactive?

Where do *you* find the sacredness of life?

How can I let go?

What does it mean to surrender?

What is Spirit and how do I connect with it?