

Journaling Prompts for Deeper Healing

- WHAT DID YOU FEEL AS YOU WERE HANDING IT BACK?
- WAS IT EASY FOR YOU TO SEND IT BACK?
- DID EVERYONE TAKE IT BACK EASILY?
- WAS THERE ONE FAMILY MEMBER WHO HAD A HARD TIME TAKING IT BACK?
- HOW DID EVERYONE LOOK WITH THEIR NEW ENERGY?
- HOW DO YOU FEEL AS YOU TAKE IN THIS NEW ENERGY?
- SPEND TIME VISUALIZING YOURSELF IN THIS NEW ENERGY ON A DAILY BASIS.

