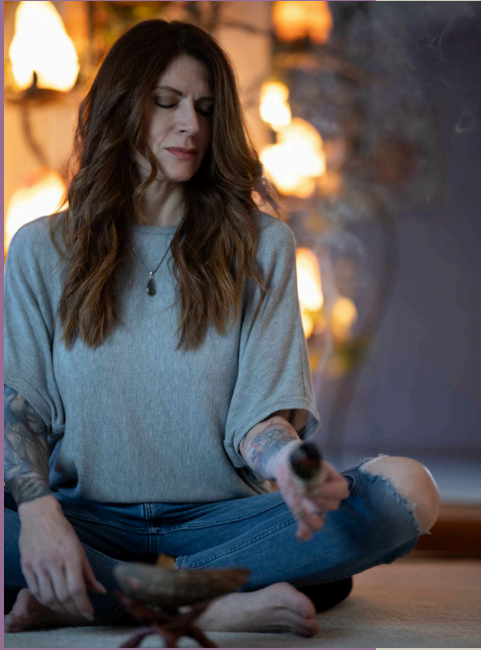


SPIRITUALITY JOURNAL





Welcome to your Spirituality Journal!



Ready to explore spirituality without the fluff? This journal is for people who want a real connection to something greater - not mystical jargon that makes no sense.

Real Talk: Your spiritual journey is yours - messy, questioning, evolving, and completely valid. Whether you're drawn to meditation, nature, energy work, or something completely different, this is your space to explore honestly.

This journal helps you define what spirituality actually means to YOU and connect with your inner wisdom in practical ways. We're skipping the part where you need to fit into someone else's spiritual box.

Ready to discover what spirituality looks like for you?

MELISSA BISHOP



THOUGHT PATTERN

Start monitoring your thought patterns. Write down negative thoughts and replace each and every negative thought with positive ones.

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

LIMITING BELIEFS

A Belief that is holding you back:

"ex. I can't change myself."

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

MEDITATION

MY MEDITATION GOAL

1

2

3

DATE

MY MEDITATION EXERCISE

TOTAL TIME



MEDITATION REFLECTION

M T W T F S S

DATE

What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?

M T W T F S S

DATE

What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?

MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

FAV. MEDITATION MUSIC

[illegible]

WEEKLY REFLECTION

DATE

How Am I Feeling About This Week?

What Went Well?

I Need To Let Go Of ...

I am Proud Of ...

I Need To Do More Of ...

DREAM JOURNAL

DATE

What happened? (Was it a nightmare or fantasy etc.)

.....

.....

.....

.....

SKETCH

My Emotions

.....

.....

.....

People In The Dream

.....

.....

.....

Quality of Sleep

.....

.....

.....

My Interpretation

FAV. ESSENTIAL OILS

NAME

USE / BENEFIT

.....

.....

.....

.....

.....

.....

.....

RECIPES

OIL BLENDS

.....

.....

.....

.....

.....

FAV. YOGA MUSIC

[illegible]

YOGA ROUTINE

WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

YOGA LOG

TODAY'S DATE

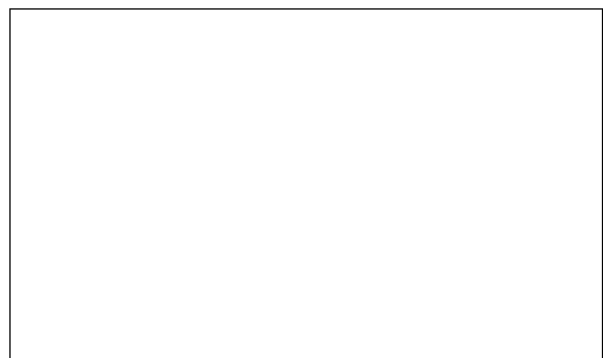
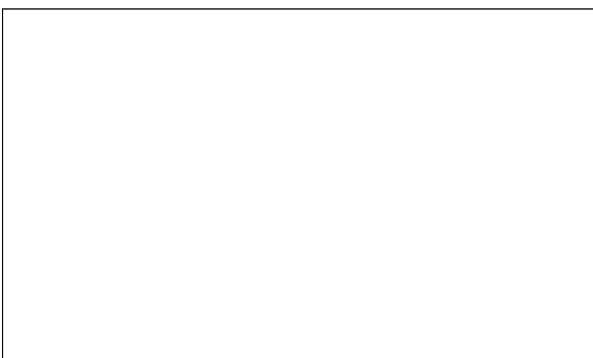
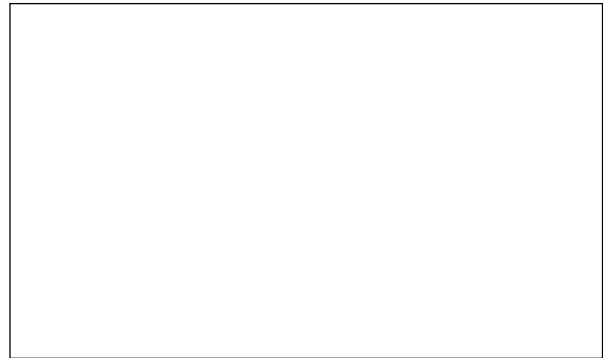
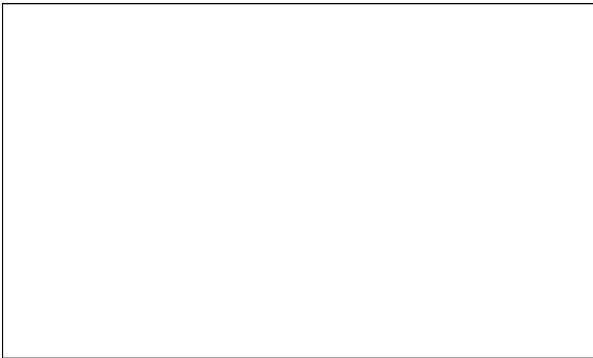
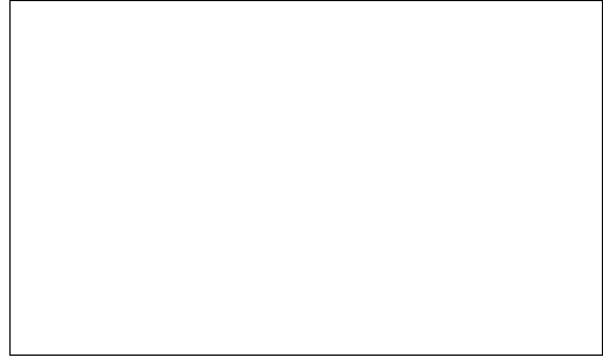
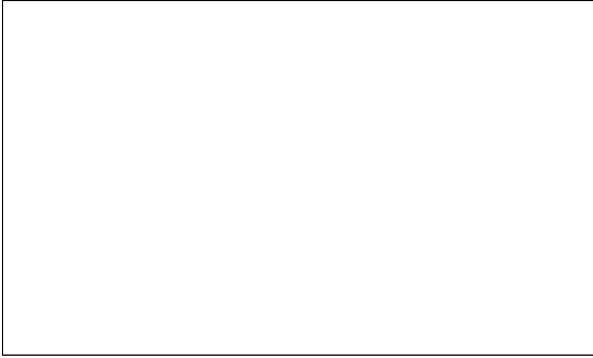
MUSIC

POSITION/S	TIME	DONE
		☐
		☐
		☐
		☐
		☐
		☐

GOAL/S FOR TODAY'S YOGA SESSION

YOGA POSES

DATE:

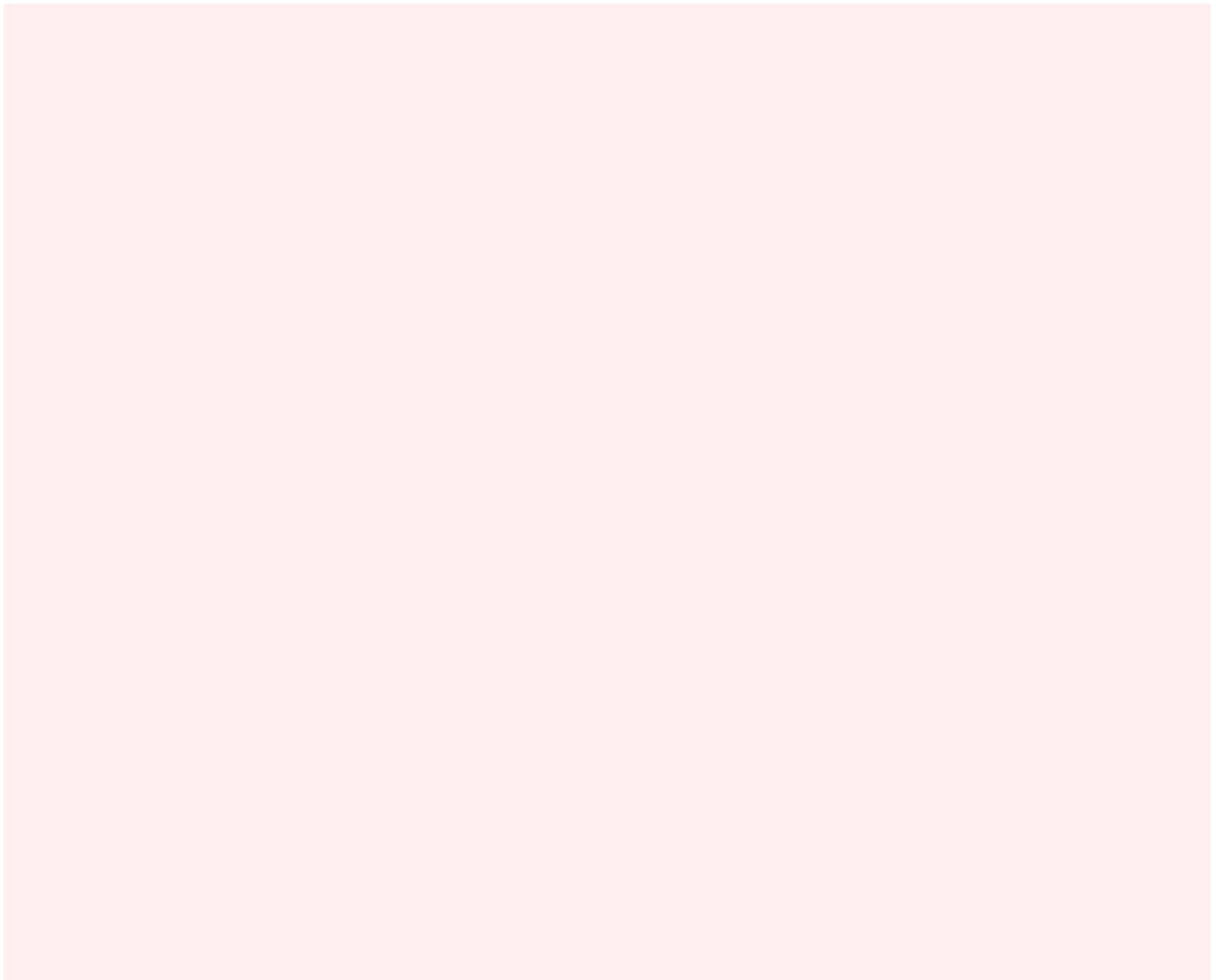


BEING MINDFUL

Why do you think being present and mindful is important?

My initial thought ...

Going deeper ...



DAILY MINDFULNESS

WHAT CAN I SEE?

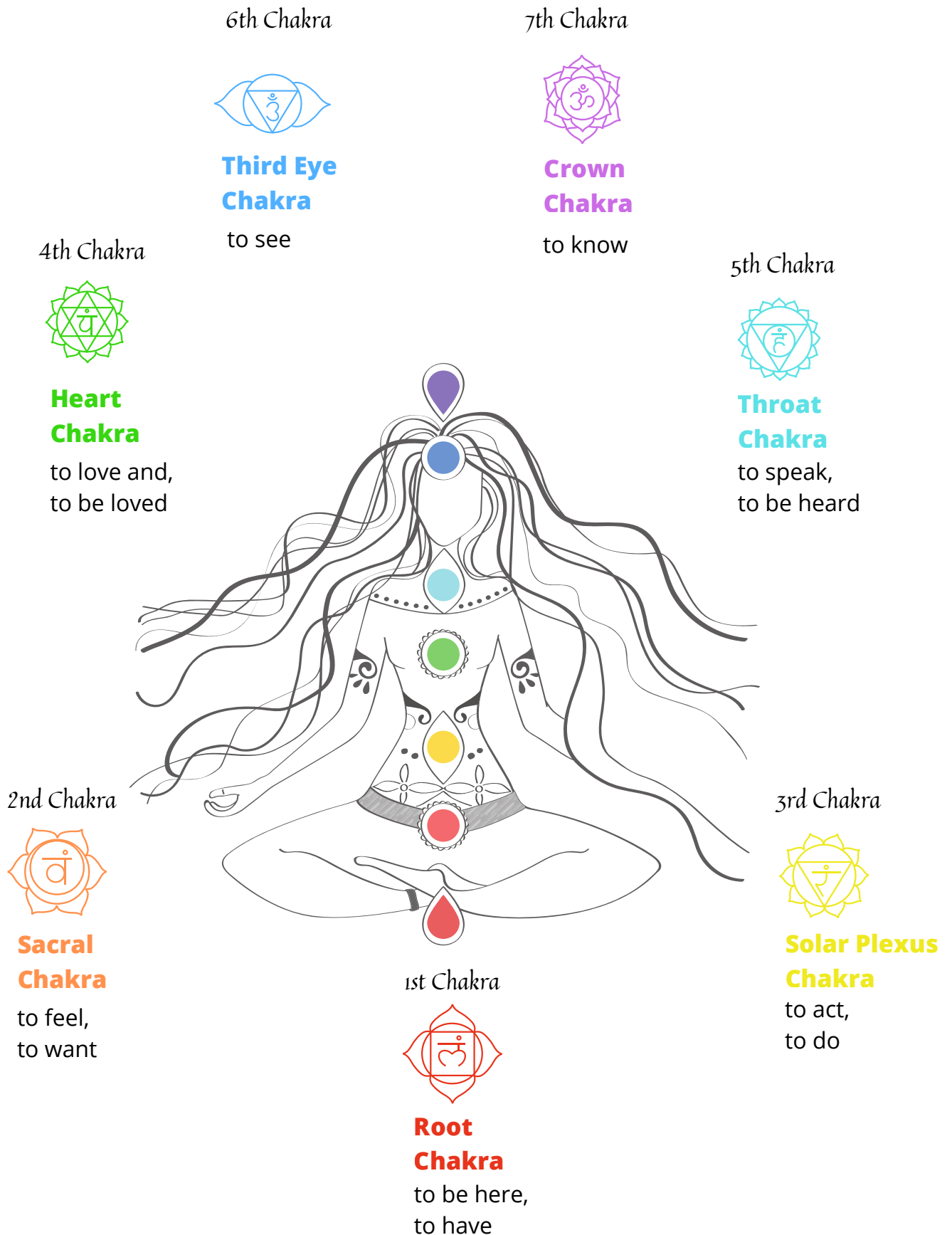
HOW DO I FEEL?

WHAT DO I SMELL?

WHAT CAN I HEAR?

NOTES

CHAKRA SYSTEM



CHAKRA DIALOGUE

Love yourself and practice a positive internal dialogue with all 7 Chakras.
Develop positive energy to send out to the world with the help of
15-minute meditation.

My CROWN CHAKRA said:



.....

.....

.....

.....

My THIRD EYE CHAKRA said:



.....

.....

.....

.....

My THROAT CHAKRA said:



.....

.....

.....

.....

CHAKRA DIALOGUE

My HEART CHAKRA said:



My SOLAR PLEXUS CHAKRA said:



My SACRAL CHAKRA said:



My ROOT CHAKRA said:



7 CHAKRAS

There are seven chakras and seven days. If each chakra was a day which would be which?

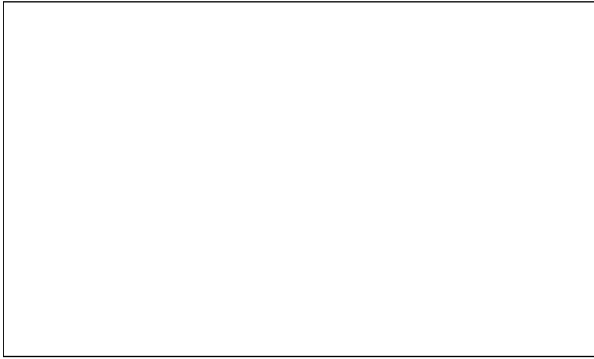
CHAKRA	DAY	REASON
		
		
		
		
		
		
		

CHAKRA WORKSHEET

CHAKRA Name:

.....

CHAKRA Symbol:



COLOR:

.....

NAME:

.....

KEYWORD:

.....

EMOTION:

.....

MEDITATIVE FOCUS:

.....

ESSENTIAL OILS:

.....

CRYSTALS:

.....

YOGA POSE:



CHAKRA BALANCING AFFIRMATION:

.....

.....

.....

CHAKRA MEDITATION

DATE:

Describe Your Chosen Meditation:

How did you feel while doing it?

How did you feel afterwards?

NOTES:

BLOCKED CHAKRA

Do you feel any of your chakras are blocked?
Why do you think they might be blocked?

CHAKRA	BLOCKED?	HOW TO UNBLOCK?
		
		
		
		
		
		
		

CHAKRA AWARENESS

CHAKRA	BLOCKED	BALANCED	OVERACTIVE
	Depression, learning difficulties, weak faith, anger at divine, brain fog.	Strong faith, universal love, intelligent, aware, wise, understanding.	Dogmatic, judgemental, spiritual addiction, ungrounded.
	Poor judgement, lacks focus, poor imagination, can't see beyond physical.	Imaginative, intuitive, clear thoughts and vision, sees beyond physical.	Nightmares, delusions, hallucinations, obsessive, see too many spirits.
	Can't express self or speak out, misunderstood, secretive, not a good listener.	Confident expression, clear communicator, creative, diplomatic.	Opinionated, loud, critical, gossipy, yell or talk over others, harsh words.
	Lack of empathy, bitter, hateful, trust issues, intolerant.	Peaceful, loving, compassionate, tolerant, warm, open.	Jealous, codependent, self-sacrificing, give too much.
	Low self-esteem, feeling powerless, inferiority complex.	Confident, feel in control, personal power, drive, good self-image.	Power hungry, domineering, perfectionist, critical.
	Low libido, fear of intimacy, no creativity, isolated.	Passion, creative, healthy libido, optimistic, open.	Over-emotional, fixated on sex, hedonistic, manipulative.
	Fearful, anxious, unsure, financial instability, ungrounded.	Safe, secure, centred, grounded, happy to be alive.	Greedy, lust for power, aggressive, materialistic, cynical.

RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you giggle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

TRYING NEW THINGS

There are many ways to help balance chakras: journaling, colouring, meditating etc. Try one you've never tried before.

WHAT DID YOU CHOOSE? WHY?

DID YOU ENJOY THE
EXPERIENCE?

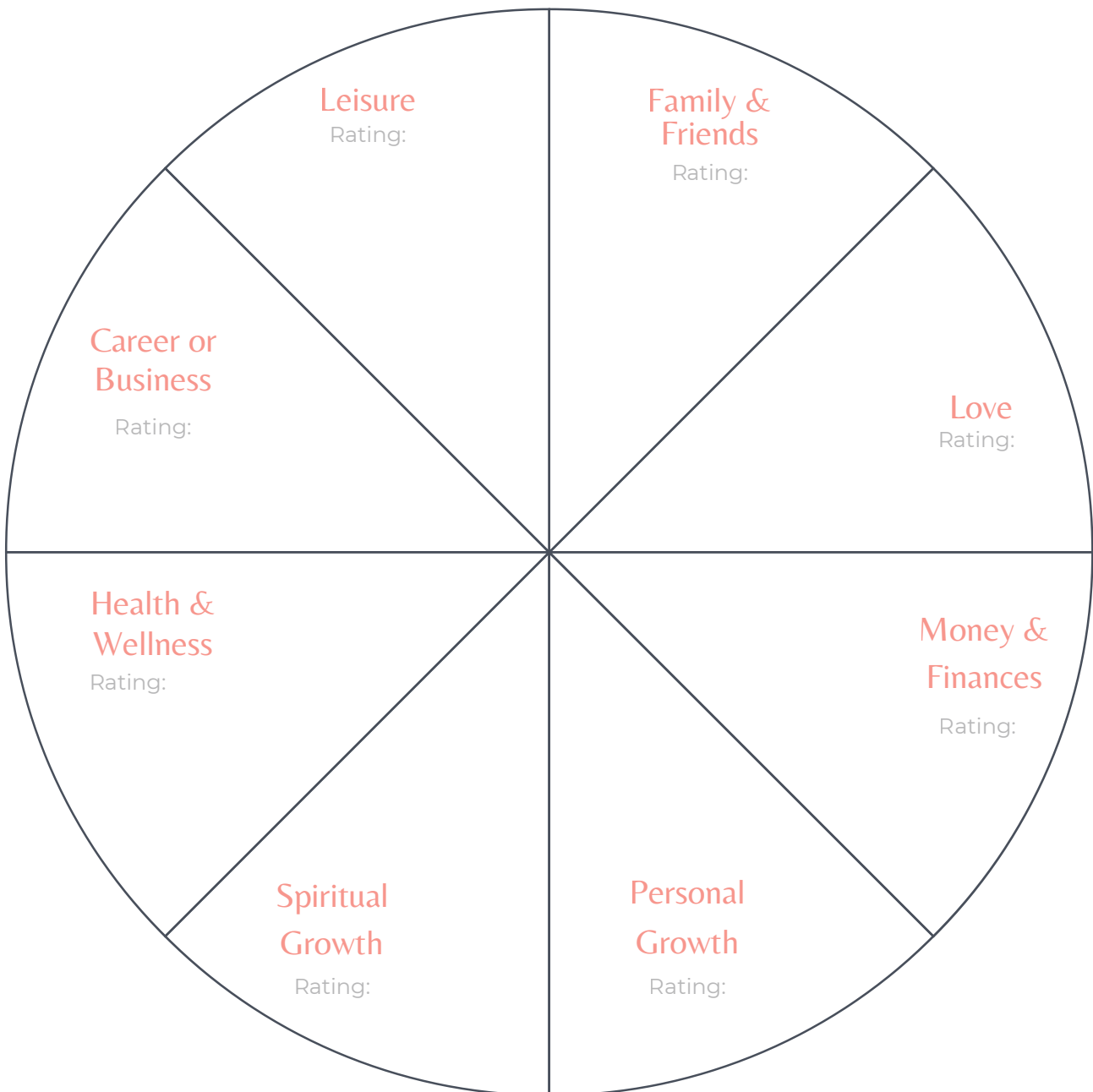
HOW DID YOU FEEL
AFTERWARDS?

PERSONAL MATRAS

Try to come up with a personal mantra or affirmation for each chakra

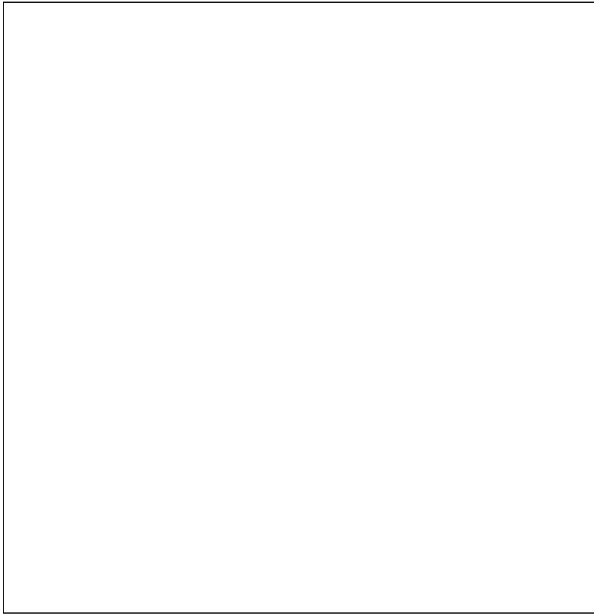
WHERE YOU ARE NOW

Starting from the centre, colour in the blocks on the wheel to indicate how satisfied you are with each area of your life. There are 8 blocks in total with the centre being number one.



Which Area Do You Want to FOCUS ON?

TAROT WORKSHEET



DATE:

.....

DECK USED:

.....

CARD:

.....

The Card As a Whole:

.....

.....

.....

.....

.....

.....

ELEMENT:

.....

PLANETARY ATTRIBUTE:

.....

DIVINATORY MEANING:

.....

.....

REVERSED:

.....

TRIPLER DAILY DRAWS

DATE:

.....

TIME:

.....

DECK USED:

.....

NOTES:

--	--	--

.....

.....

.....

.....

DATE:

.....

TIME:

.....

DECK USED:

.....

NOTES:

--	--	--

.....

.....

.....

.....

TAROT JOURNAL

M T W T F S S

DATE

What cards did I draw?

My interpretations

What do they mean?

What actions do I need to take
with this?

M T W T F S S

DATE

What cards did I draw?

My interpretations

What do they mean?

What actions do I need to take
with this?

SPELL PLANNER

DATE:

M T W T F S S

TITLE:

MOON PHASE:



TOOLS & INGREDIENTS:

RESULTS:



PROCEDURE:

THOUGHTS ABOUT SPIRITUALITY

What are your religious or spiritual beliefs and practices?

If your partner has different religious or spiritual beliefs and practices, how will you address these?

If you have children, what role will religious or spiritual practices play in their lives?

How will you handle it if your children do not believe as you do and choose not to participate in your practices?

INTENTIONS WORKSHEET

Favourite memories from Last Year

.....

.....

.....

.....

.....

Things I am Thankful

What limiting beliefs do I need to let go

Places I'd like to visit

.....

.....

.....

.....

.....

.....

MY INTENTIONS FOR THE NEW YEAR

- Spiritual:
- Personal:
- Relational:
- Professional:
- Wellness:
- Financial:

30 MINUTES SELF CARE

Fill in the boxes with activities you can do to cope with each section:



REST / RELAXATION

Large empty pink box for writing activities related to Rest / Relaxation.



EXPRESSION

Large empty pink box for writing activities related to Expression.

I Need ...



HEALTH / SPIRITUALITY

Large empty pink box for writing activities related to Health / Spirituality.



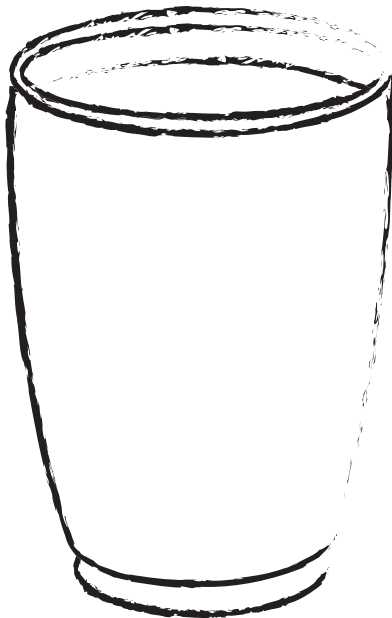
COMPANIONSHIP

Large empty pink box for writing activities related to Companionship.

MY EMOTIONAL CUP

How I deal with having an empty cup:

What I Need to Hear:



How to know I need help:

What fills my cup:

What empties my cup:

WELLNESS PLANNING

HEART:

BODY:

EVENT:

MIND:

COMMUNITY:

Who can help support these needs?

.....

.....

.....

.....

.....

1. Event = these are the needs you can anticipate during this event within you. Event is a critical moment, conversation etc.
2. Body = biological, physical needs
3. Mind = emotional needs, needs for your thought process
4. Heart = motivations, spiritual needs
5. Community = needs from your social relationships, interpersonal needs, support

PERSONAL CRISIS PLAN

I know I'm triggered when I notice:

Some good ways to distract myself are:

.....

.....

.....

Some safe people I can reach out to:

1.

2.

3.

4.

5.

Things that help me when I feel this way are:

.....

.....

.....

.....

.....

.....

Ways to keep myself and my space safe:

1.

2.

3.

4.

5.

Other resources:

WEEKLY SELF-CARE

Areas of care:

Current practices:

New practices:

PHYSICAL:

EMOTIONAL:

MENTAL:

SPIRITUAL:

WEEKLY SELF-CARE

Areas of care:

Current practices:

New practices:

RELATIONSHIPS:

WORK:

Existing Barriers to Self-Care

How to Address Barriers

Top Three Coping Strategies:

1.

2.

3.

MY SELF ESTEEM

What I love about my body:

- 1.
- 2.
- 3.
- 4.
- 5.

What my body does for me:

- 1.
- 2.
- 3.
- 4.
- 5.



What's unique about me:

- 1.
- 2.
- 3.
- 4.
- 5.

*What I can do to help it stay
strong and healthy:*

- 1.
- 2.
- 3.
- 4.
- 5.

INNER CHILD DISCOVERY

BODY IMAGE WORKSHEET

Write down the memory you think of when you think about your body

What negative self-talk do you remember around this memory?

From your adult perspective, what would you say to Little You about this memory?

What phrases from your adult "Reparenting" could you turn into daily affirmations?

How do you feel about your body after this exercise?

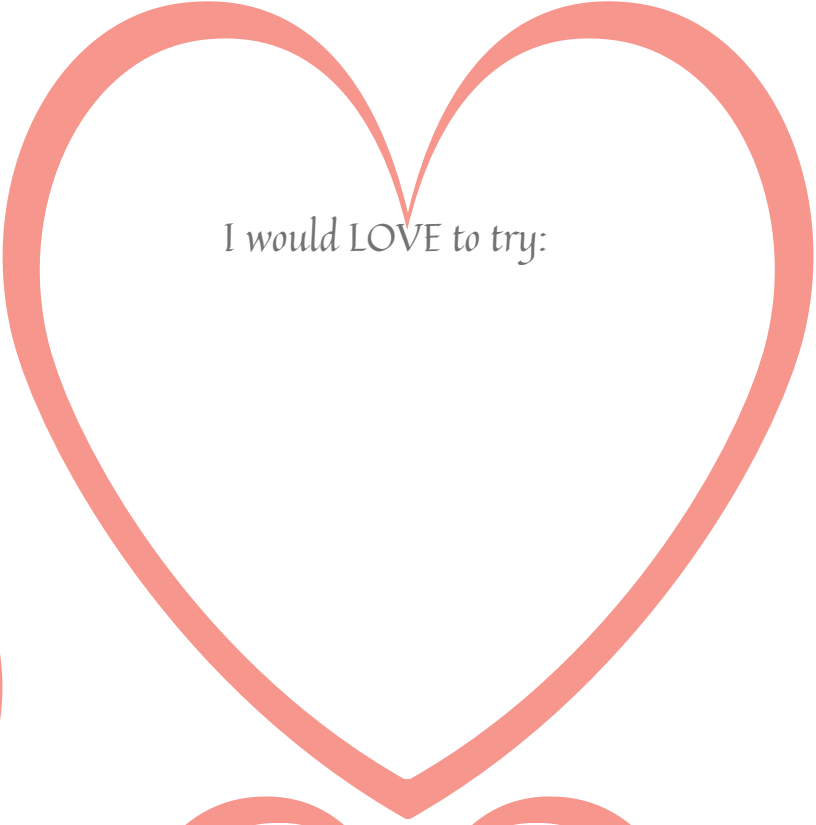
How would you like to move forward?

MY DESIRES

LOVE YOURSELF ENOUGH TO QUESTION AND LEARN



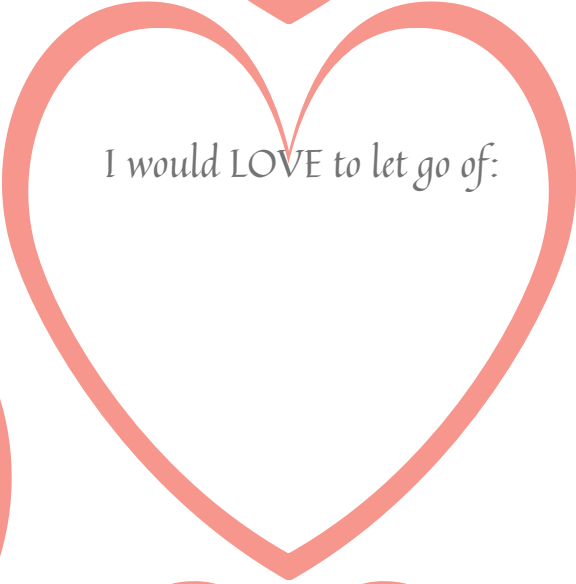
I would LOVE to learn
more about:



I would LOVE to try:



I would LOVE to go to:



I would LOVE to let go of:



I feel LOVE when:



I would LOVE
to make:

SELF LOVE WORKSHEET

Finish the sentence inside each ballon to tell about things you love about yourself.

I've been told I have pretty...

I'm loved by...

People compliment me about...

I feel good when...

I am good at...

I LOVE MYSELF

HEALING WORKSHEET

Crystal healing:

1. Hold your crystals
2. Recite your affirmations

3. State: "I will heal from ... "

4. "I commit to ..."

5. "My heart is healed, protected and open. So let it be"

MY AFFIRMATIONS:

.....

.....

.....

.....

MY CRYSTALS TO WORK WITH:

Crystal Name:

SKETCH
Purpose:

Crystal Name:

SKETCH
Purpose:

Crystal Name:

SKETCH
Purpose:

What is it that you need healing from/to overcome?

.....

.....

.....

Of the things you can control, what will you commit to doing, now?

.....

.....

.....

CREATE A CRYSTAL GRID

SET AN INTENTION



LOVE



JOY



GROWTH



TRAVEL



INTUITION

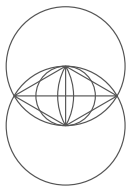


MONEY

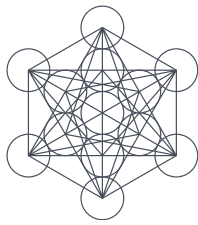


HEALTH

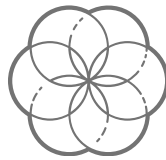
SELECT A LAYOUT



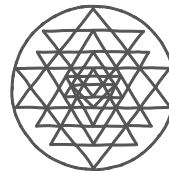
VESICA PISCIS
New Beginnings



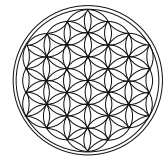
METATRON'S CUBE
Energy



SEED OF LIFE
Growth

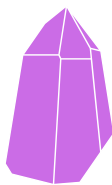


SRI YANTRA
Balance



FLOWER OF LIFE
Connection

SELECT YOUR CRYSTALS



AMETHYST
Intuition



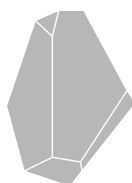
CITRINE
Abundance



SODALITE
Expression



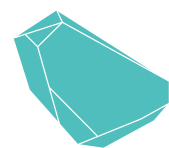
QUARTZ
Ultimate Healer



ROSE QUARTZ
Love



CARNELIAN
Creation



AVENTURINE
New Beginnings

DAILY GRATITUDE

Morning:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

3-6-9 METHOD

Date

Write 3 times the name of the thing you want to manifest:

Write 6 times your intention for thing you want to manifest:

Write 9 times what you want to manifest. Be specific and visualize it.

LETTER TO UNIVERSE

This letter exercise will help you clear your mind from fears holding you back. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.



MANIFESTING CHEAT SHEET

IDENTIFY

I want to manifest [your desire] because it will make me feel [identify the emotions this manifestation will give you]

DAYDREAM

What will it feel like when your desire becomes a reality? (Use present tense, ex: I feel, I am, I am thankful...

ALIGN

List what you can do TODAY to practice feeling the feelings from part 1.

VISION BOARD

Career / Business	Finance
Family / Friends	Love
Personal Growth	Health
Leisure	Mind

MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

WHAT DO I NEED TO LET GO



LETTING GO WORKSHEET

WHAT I'M LETTING GO OF

HOW I FEEL

STEPS TO MOVE FORWARD

HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO

RECEIVING IN WORKSHEET

WHAT I'M RECEIVING IN

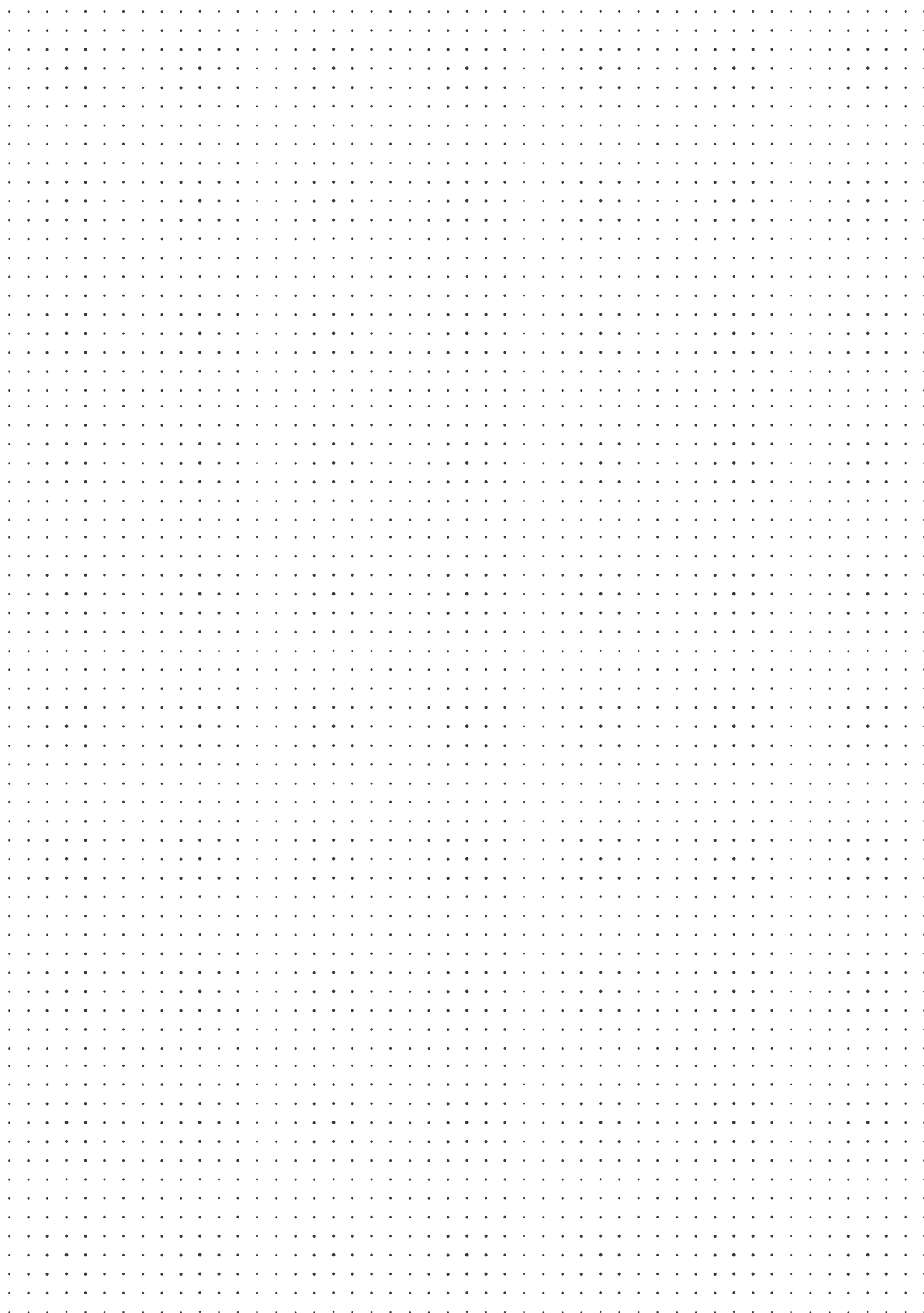
HOW I FEEL

AFFIRMATIONS

HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

JOURNALING



Resources for Ongoing Support

If you found this guide helpful and want more support:

Services that support sustainable wellness:

- Reiki sessions for energy balance and stress relief
- EFT Tapping for emotional regulation
- Intuitive coaching for authentic growth
- Intuitive Readings for clarity and guidance
- Mediumship readings for connection with loved ones
- Revolutionary Love Program (RLP) for comprehensive healing

Follow for more real talk about wellness:

- Facebook: Wholehearted Healing Studio
- Instagram: @wholeheartedhealingandreadings

Remember: You don't have to do this alone. Professional support isn't a sign of weakness – it's a sign of wisdom.

Contact:



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Delaware 19904 Phone: 302-922-7100 Email:

Melissa@wholeheartedstudio.net

Website: www.wholeheartedstudio.net