

# Creative Art'n'Soul Journaling

## JOURNAL YOUR STORY CREATIVELY



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The pages are designed to be printed on US letter size paper 8.5" x 11". However you can also print them on A4 size paper 210mm x 297mm (8.25" x 11.75"). When printing on A4 paper make sure the Page Scaling option is set to "None".

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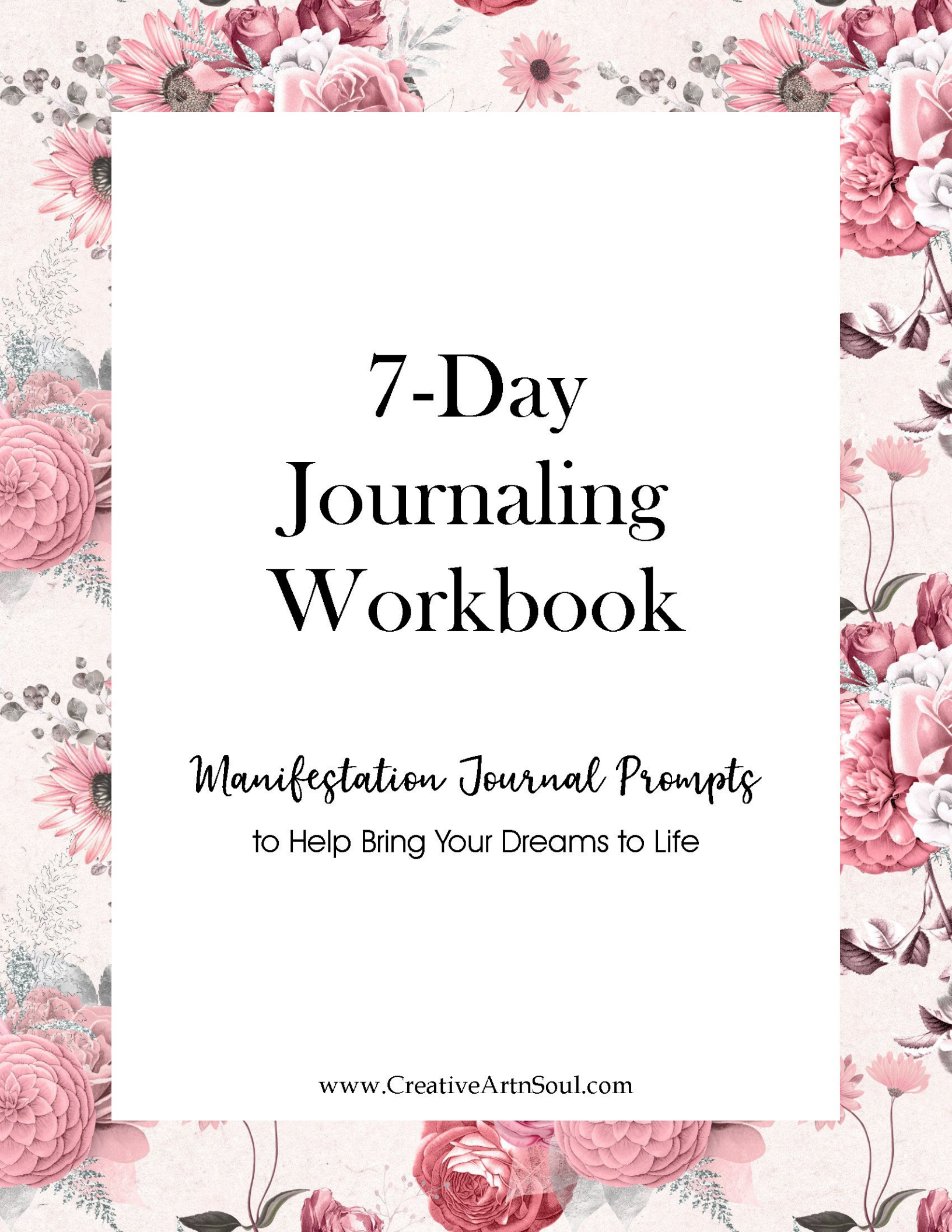
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The page is framed by a decorative border of pink roses and daisies. The central text is on a white background.

# 7-Day Journaling Workbook

*Manifestation Journal Prompts*  
to Help Bring Your Dreams to Life

[www.CreativeArtnSoul.com](http://www.CreativeArtnSoul.com)



Journaling is a self-help tool frequently championed by mental health professionals.

When you journal, you get your thoughts, feelings, goals and dreams onto paper.

Physically writing down your thoughts helps you clarify what you want.

It also helps to uplift your mood, keep track of your success, practice positive self-talk, and work through ways to manage your emotions.

Journaling can be a meaningful way to understand yourself, your goals and dreams, and help you achieve them.

It can also be a way to manage any stress or anxiety you have in your life.

Use these prompts as tools to help you check in with yourself, set intentions, and grow.

Each week, make a copy of this worksheet and fill it in.

See how journaling can be an incredible tool to help you turn your dreams into reality!



The page is framed by a decorative border of pink daisy flowers with dark centers and green foliage, set against a background of vertical grey and white stripes. The text is centered in a white rectangular area.

## Follow these tips to build a daily journaling habit:

### **1. Start with two minutes**

If you're having trouble setting aside time to journal, start with two minutes. Pull out your notebook and write for two minutes. If, after two minutes, you feel inspired to keep writing, then keep writing.

### **2. Build up over time**

Over time, set aside more time (at least 5-10 minutes) for your daily journal practice. This way, you give yourself time to answer the journal prompts thoughtfully and work towards your success.

### **3. Set aside a regular time to journal.**

Whether you journal in the morning or evening is less important. What's more important is to set aside a consistent period during the day where you commit to pulling out your journal.

### **4. Practice self-compassion.**

It's okay if you forget to journal one day! Forgive yourself if you miss one day of journaling. At the same time, be cognizant that sometimes we avoid the things we need most.



## 1. You can't get what you want until you know what you want

What are your dreams and desires? List them all, big and small.

[illegible]



[illegible][illegible][illegible]



### 3. Intuition is your inner navigation system

Do you listen to your intuition? How does it guide you towards your dreams?

This image shows a full page of blank, lined paper. It features approximately 20 horizontal grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines or other markings present.

#### 4. Positive emotions help you manifest faster

In what ways can you maintain a sense of excitement and joy as you work towards your dreams? Once you've achieved your dreams and desires, how will you feel?

[illegible]



## 5. Visualization helps to reprogram your subconscious mind

What will your life look like once you've achieved your dreams? Be specific in the details.

[illegible]



## 6. Action aligns you with your dreams

Taking inspired action sends a message to the universe that you are serious about achieving your dreams. What small daily steps can you take that will move you in the direction of your dreams?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



A decorative page with a floral border featuring pink roses and daisies on a striped background. The central white area contains a heading, a paragraph, and a list of 20 horizontal lines for writing.

## 7. Gratitude creates a state of abundance

When you are grateful for the things that are currently in your life, your gratitude fuels your future manifestations. You can always find at least one thing to be grateful for. What are you grateful for right now?

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