



Authentic Journaling

1. This principle will help you discover your genius _____
2. If you study the lives of successful achievers, you will find that _____ of them at some point became habitual writers. When they became aware of the authentic voice inside them seeking _____ they would write what that voice had to say down on paper as quickly as they could.
3. Writing is used as a _____ of enrichment.
4. Authentic Journaling will all you to give a _____ to that which is emerging from your soul.
5. As you prepare to journal, the first step is to set your intention and _____ before you even pick up the pen.
6. Step two is making a _____. You are beholden to do something about what comes up in the conversation you transcribe.
7. The next step is blocking off this time for _____ days.
8. Next, _____ your own ritual.
9. Next, write the _____ at the top of the page.

10. It's time to start writing. Listening will come later, but it's best if you _____ the conversation. You write and your spirit listens.
11. As you write, don't filter, edit, think or _____
12. Next, tell the TRUTH. This allows you the breakthrough you are seeking.
13. Next is the need for _____. Writing fast is your best tool for staying ahead of your own self-judgment and those voices of fear, doubt, anxiety, and worry.
14. Allow the topic to shift and not make sense. Just keep writing because everything is coming up for a reason.
15. Once you are done and have everything said, you will know it's time to stop writing. Now it's time to _____.
16. Listen to everything and transcribe to the page all that your spirit is now saying. Don't ignore anything. Just keep transcribing until the moment is over.
17. As you end the time of journaling, create an ending _____.
18. It is important to write instead of typing on a computer. It will connect you more strongly to the power of the exercise.

19. Keep your journal _____. If you want to share a part of your journaling with someone it's fine, but if you allow people access to your journal it will soon cause you to filter your journaling because others are watching/listening. Honor this for _____ and for them.