COSMIC JOURIA

JOURNAL PROMPTS TO UNEARTH YOUR HIDDEN DREAMS & DESIRES

"The power of intention is the power to manifest, to create, to live a life of unlimited abundance, and to attract into your life the right people at the right moments."

- Dr Wayne Dyer

Congratulations and welcome to your Intention-Setting Cosmic Journal!

You're about to embark on an exciting, eye-opening journey deep into your own heart and mind where you will connect with your highest visions and goals.

Everything begins with clear intentions and it's good to set your intentions ahead of your free mini reading tomorrow :-)

As Dr. Wayne Dyer said so beautifully, the power of intention is the power to create unlimited abundance.

I want you to think of this journal as your safe space -- your sacred container. Let yourself go deep. This is your time to unearth hidden dreams and allow secret truths to flow.

In this way everything you desire can be captured and channeled from the intangible world of vision and fantasy into the tangible world of physical creation and reality. I've kept things simple with this journal so you can explore and arrive at your answers without getting stuck in the cycle of "overthinking."

But don't be fooled... these journal prompts are powerful! When you write from place of truth, each prompt will help you shine a light on what you truly desire.

Before you begin, feel free to light a scented candle or incense. Surround yourself with crystals and flowers. You can choose to meditate or listen to calming music.

The idea is to create a peaceful, loving, safe and supportive environment so you can easily connect with the quiet voice of your intuition.

I encourage you to write your answers to these questions in a "physical" notebook or piece of paper (rather than on your computer or phone). There is untold magic and power that comes from putting pen to paper.

It helps "solidify" ideas and dreams into our physical world.

You can take as much (or as little) time as you want... there is no time limit!. Let your intuition be your guide and enjoy this journey into your heart!

Sending love & cosmic magic,

Dawn

1. My perfect day looks like this

2. I feel most valued and loved when

3. This is what my ideal life looks like a year from now (eg: where do you live, what does your house look like, who are your friends, what's going on in your love life, how do you feel about your work or business?)

4. 3 negative habits that I would like to release

5. My entire life would be beyond amazing when

6. This is one big fear that I would love to overcome

7. I want to be known for this

8. These are the people, pets, life experiences and things that I am most grateful for and would like to have more of in my life

9. I feel happy and inspired when

10. In the next 3 months, I'd love to manifest

11. I've received money and income from the Universe and this is what I see in my bank account

12. It's exactly 1 year from now. I'm celebrating the following achievements and wins

Love and Romance:

Recognition and Reward:

Business and Career:

Money and Abundance:

Health and Energy:

Passion and Purpose: