

Guided Journaling Exercise



Removing Judgement

If you hear the voice of judgement in your head, stop, go within your heart, and ask what you know to be true of yourself. How can you turn that judgement into something positive? Write down what your inner knowing is telling you.

If you find yourself judging someone else, stop, go within your heart, and choose to see the positive in that person. Then, give them a compliment. Write about the experience, how it felt and how the other person reacted.

Lift someone up this week. What did you do to lift them up? What was the person's reaction?