

Guided Journaling Exercise



Finding Independence from Within

This week, set an intention to find 10 minutes a day to stop what you are doing, find a quiet place, close your eyes, breathe for 1 minute, and clear your mind.

On a piece of paper, do the following"

1. Write down as many fears as you can think of.
2. Under each fear, write down the reason why you think you have this fear.
3. Read each fear and reason out loud and follow by saying, "YOU NO LONGER HAVE CONTROL OVER ME."
4. For the next week and beyond, if you experience one of these fears in your daily life, say inside your head or out loud the words above. Once you feel you have worked through that fear or stomped on it, cross it out on your list!

On another piece of paper, write down a list of everything you feel is unique about you. Incorporate one of these traits into and experience. How can your unique trait help you to work through a fear?