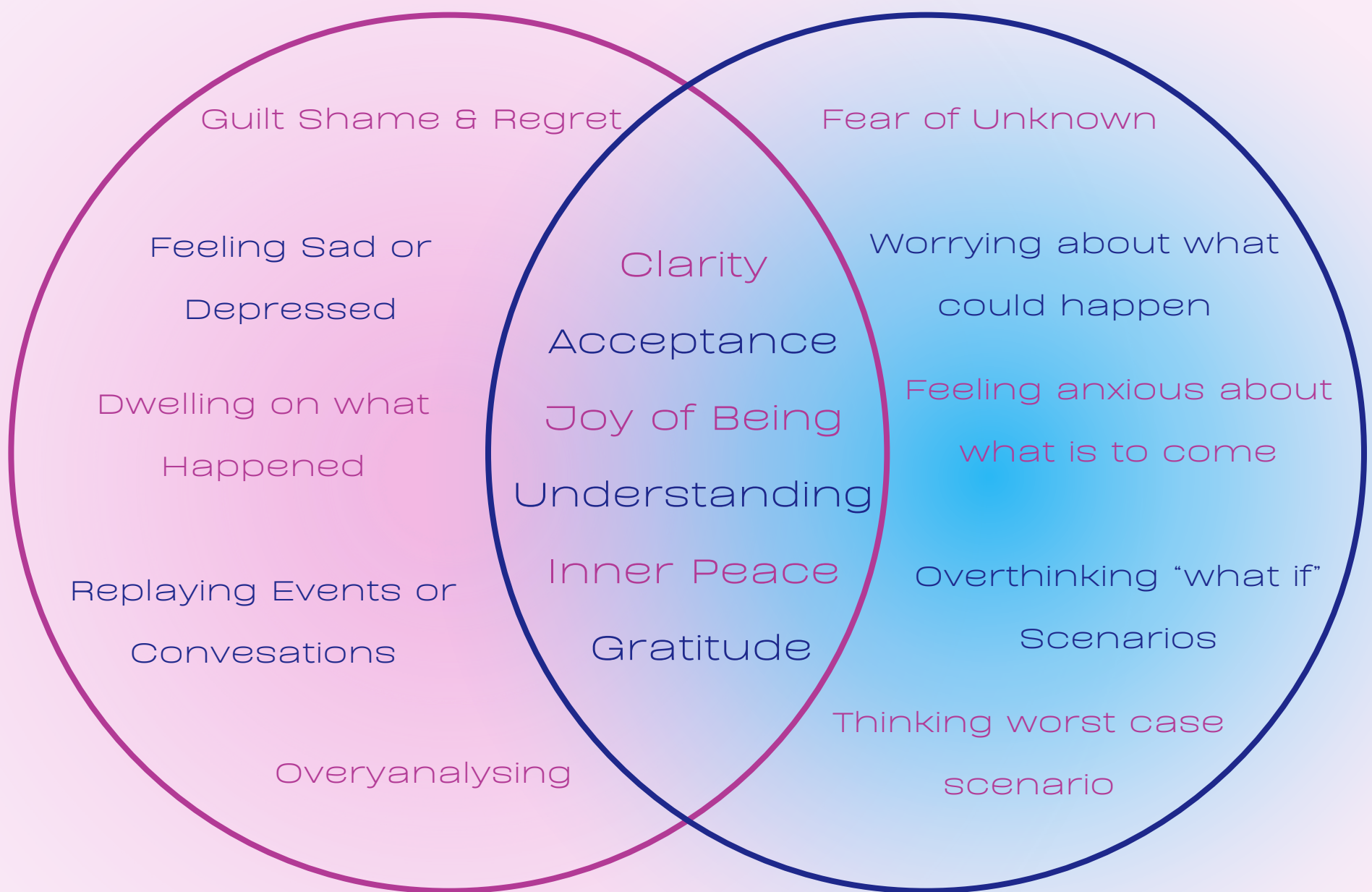


What Chapter are you living in?

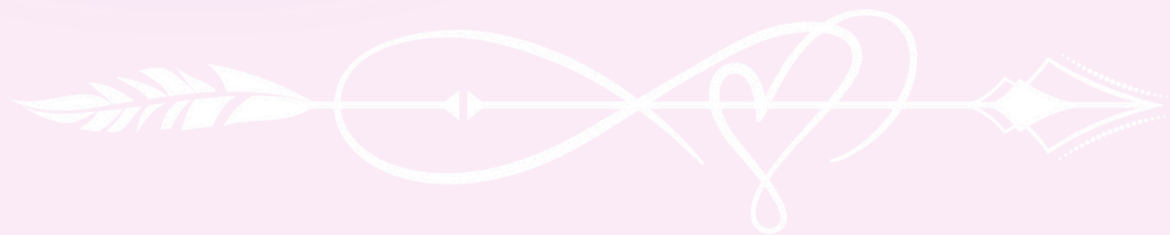
PAST

Present

FUTURE



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Start the day by journaling how you want other people to feel when they have interacted with you today...

Describe the person you were in your previous chapter (past tense).

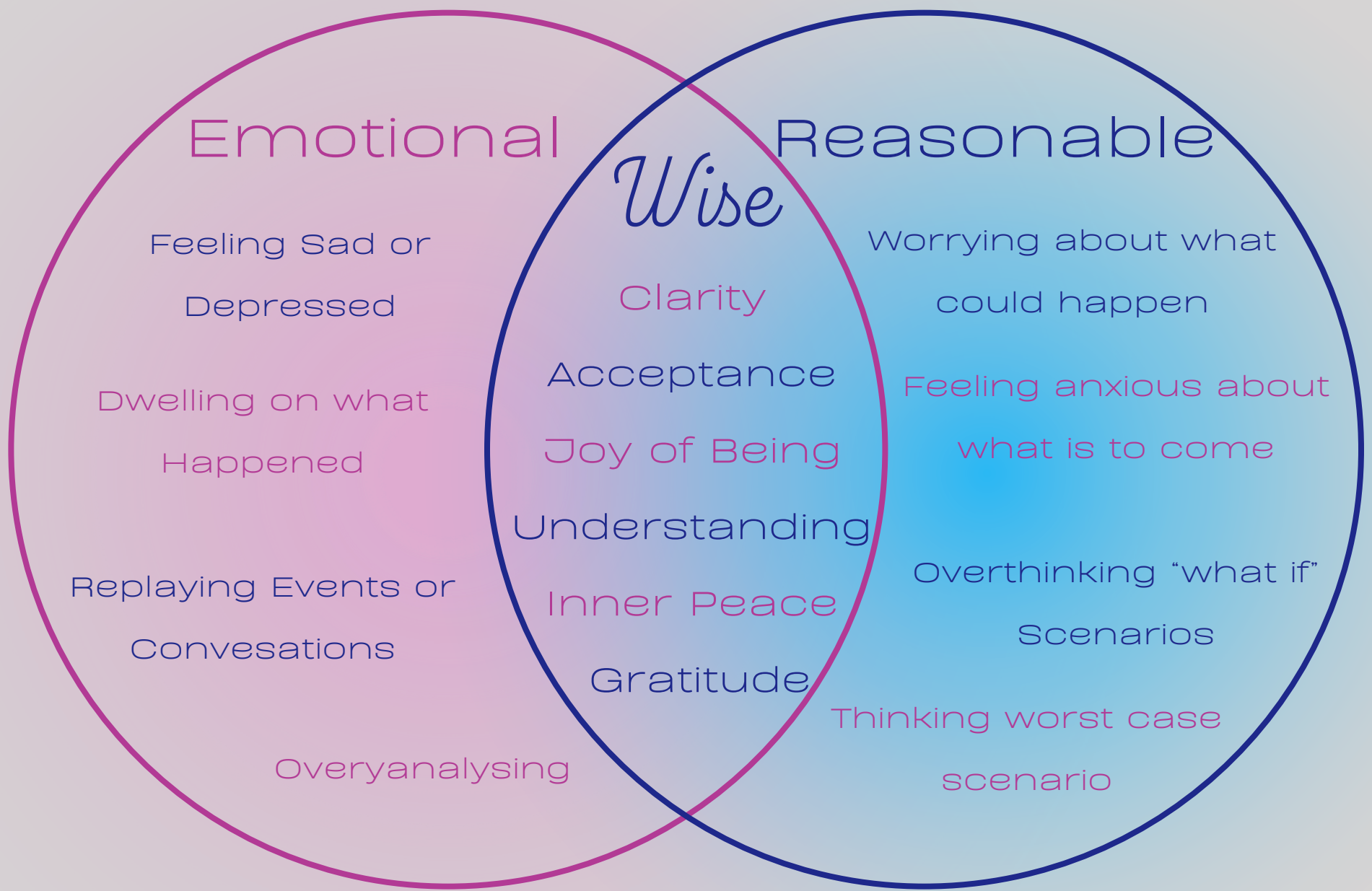
*Describe the person you are now and the way people see you, and would describe you.
(Present moment).*

Who is the person you are becoming? Describe what that person looks like (Future tense).

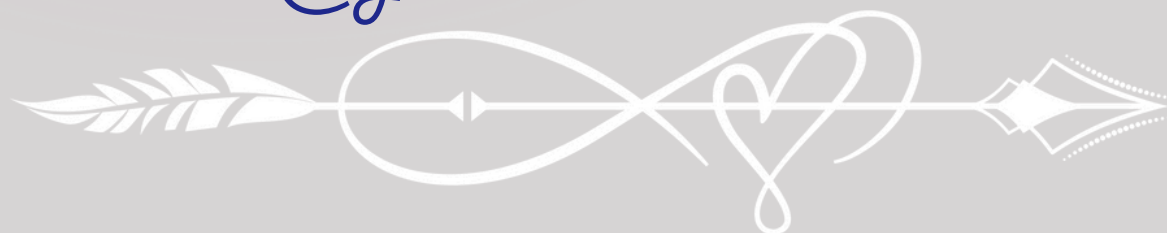
*Narrative
Change*



Ahead!



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Journal prompts for Emotional, Wise and Reasonable Reflection.

Emotional - Past Focused Reflection.

Think of a recent moment when you found yourself dwelling on the past or replaying events. What emotions came up for you? How did they feel in your body? If you could speak to your past self in that moment, what words of comfort or understanding would you offer?

Wise - Present Moment Awareness

Right now, take a deep breath and centre yourself. What are you feeling in this very moment? How can you embody acceptance, gratitude, or clarity? Write about how shifting into present-time awareness can help you navigate your emotions with balance and grace.

Reasonable (Future-Focused Thinking)

When you catch yourself overthinking 'what if' scenarios, how does it impact your energy? What is one practical way you can cultivate clarity and trust in the unknown? Write about a time when things turned out better than you expected and how you can apply that lesson to your future outlook.