Womb Wisdom Journal

Printable Journal Pages

A companion to the Kindle edition of Womb Wisdom Journal: The Journey Inwards Begins.

Page 1 and 2: your daily pages. Print as many copies as you like, one pair for each day.
Pages 3 to 9: the exercise pages from the journal, in the order they appear in the book.

Printing tips: print on A4 at "Actual size" or "Fit to page". The exercise pages have dark backgrounds, so you may like to print those in black and white to save ink.

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With love, Julia Longin · julialongin.com

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Day ____

Date:
S / M / T / W / T / F / S

- Set intentions
- Journalling
- Meditation
- Nourishing Foods
- Mindful Eating
- Went outside
- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.
2.
3.

WOMB MESSAGE FOR TODAY

ALIGNED ACTION FOR TODAY

WOMB WISDOM

Daily Reflection

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SELF-CARE ACTIVITIES

It's time to redefine what you want to focus on. Set yourself a task to focus on one self-care practice a week, building each week on the time you take for yourself over the coming weeks.



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REVEAL YOUR DREAMS

In a separate book, write your story and look at all the things that have shaped your life. What have been your biggest learnings along the way? What dreams did you have? What is the vision you want to make a reality? What would life look like if you could be anything and anywhere right now? Take a moment to fill this out before you start your journey. It will support you in your final reflection.

MY BIGGEST DREAMS



RELEASE YOUR PAST

What are you ready to release, before you begin your journey? What obstacles may stand in your way? What fears are holding you back from fulfilling your potential? What resources/strengths do you possess?

MY BIGGEST STRUGGLES/FEARS

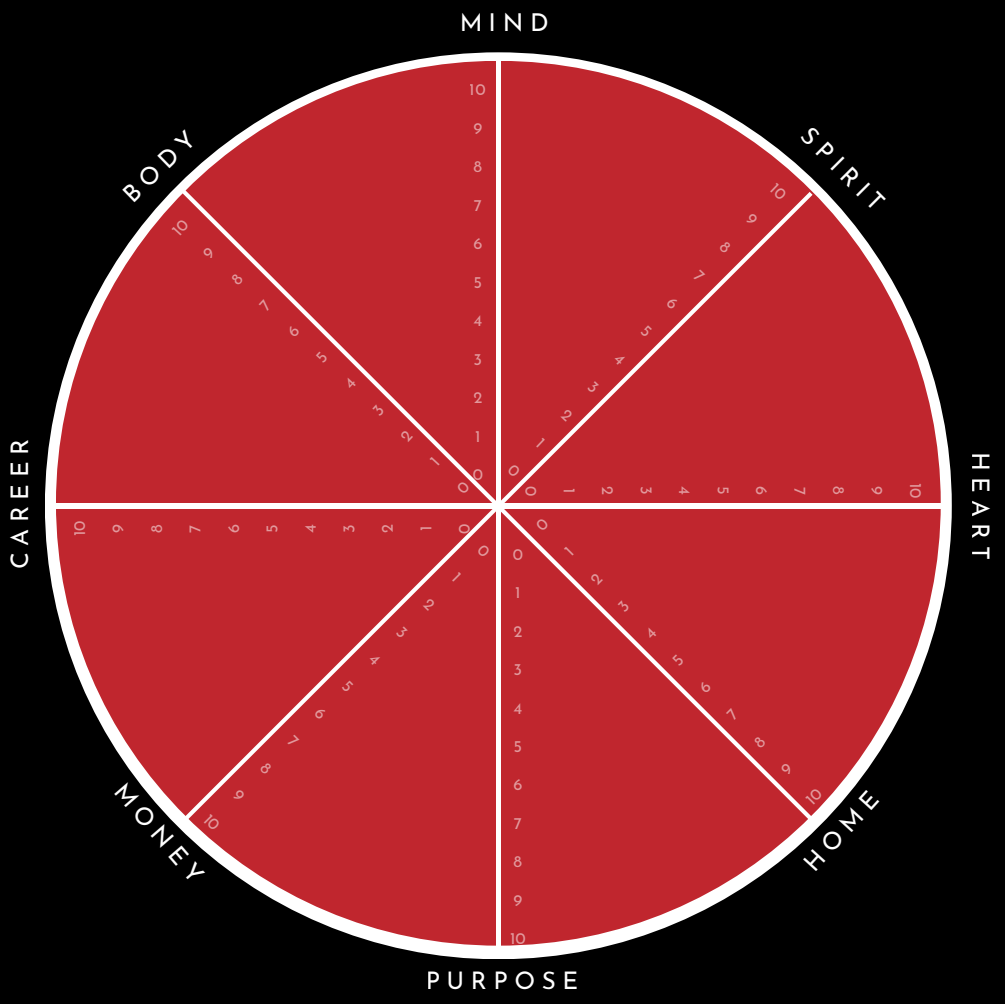
MY BIGGEST RESOURCES/STRENGTHS

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RATE YOUR CIRCLE

Take a deep breath and rate yourself in each area of your life on a scale of 0–10, where 0 is unhappy, and 10 is fantastic. Once you have finished, join the dots and see how "balanced" your circle is compared to the circle of your pie recipe. Where do you need to make changes? What are these changes, and how can you implement them in your life?



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RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish, and whom you want to become...

HOW DO YOU WANT TO FEEL?

WHAT DO YOU WANT TO ACCOMPLISH?

WHO DO YOU WANT TO BECOME?

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RESET YOUR INTENTIONS

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

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FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have

MY EXPERIENCE