



SOUL JOURNALING WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



SOUL JOURNALING

Stream of consciousness journaling, or soul journaling, is a beautiful method of freehand journaling where you just allow pen to hit paper and go wherever your heart and soul leads you. You may start out just talking to your journal. Asking questions or noting thoughts and reflections. The key is to not overthink what you are writing. Just let it flow from you. Don't worry about grammar or handwriting. Just let the words flow freely.

By opening yourself up to this type of journaling you are expanding your intuition. You are connecting to your higher self, the Universe, God, your soul, your heart. Whatever and however you want to think about this deeper level of connection and knowing.

Enjoy!

Christa Potter





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