The Goddess You

Principles for Living in Soul Alignment

Intuitive Journal

By
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The Goddess You

Interactive Intuitive Journal

Welcome, Goddess You!

This journal is your place to track your personal transformational journey. I am so excited to kick off this adventure with you!

Before we jump in, please look over the following guidelines for implementing your journal practice. They will help you stay focused and obtain your goal of living in soul alignment.

Book plug – you know I just have to – in my book *The Goddess You*: Principles for Living in Soul Alignment, I introduce the 12 main principles for living within. These principles were taught to me by Spirit. They allowed me to obtain my personal soul alignment.

I created this journal as a companion to my book to facilitate a natural flow from one to the other. I recommend that you have both the book *The Goddess You*: Principles for Living in Soul Alignment and your *The Goddess You* Journal in order to follow each lesson fully, with depth and understanding. The guided meditations found throughout *The Goddess You*: Principles for Living in Soul Alignment will also help you get the most out of your work. I will use the 12 principles and guided writing prompts throughout this journal to help you go deeper within. You will be rockin' out your Goddess self in no time!

Follow this link to purchase the book. ***www.jeannestreet.com***

Commitment

I've found the most effective way to stay on track with a new action such as journaling or meditation is to make a commitment to thy self. This commitment will help you remember why you are undertaking this new action—even when it becomes uncomfortable or stagnant. By writing your goals, desires and aspirations down, you energetically align yourself with this new action.

Now, let's be honest: we all get off-track from time to time. That is why it is important to have a contract in place to remind us to stay accountable for this soul work. You are contracting with your soul self to uncover what is keeping you from living in YOUR soul alignment.

Time Frame

Choosing your time frame is also part of your commitment. I offer 12 principles to implement into your life. Each principle is broken into four separate writing prompts. That totals 48 daily journal entries with a couple of bonus prompts for you to go further.

If you work fast and don't tend to need blocks of time to reflect, then you should choose to do this journal in 48 days.

If you like to spend time, hang out for a bit, and let one lesson sink in before rushing into the next lesson, then you should choose the 48-week commitment. If you're a gal who can't seem to make up her mind, I suggest you go for the 48 weeks; you can always move ahead if and when you're ready.

The Goddess You Journal Contract

I_____ am signing this sacred contract with my soul self. I promise my soul self that I will journal each and every day at _____o'clock for a minimum of 20 minutes each day. I will forgive myself if I happen to skip a day as long as I have a very good reason. I will be sure to get back on track as soon as I am able. My time frame for this journal and soul work is 48 days or weeks. (circle one)

*My goals for this journal are:*_____

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*My desired outcome is:*_____

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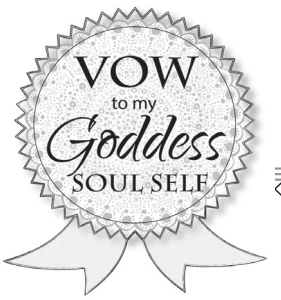
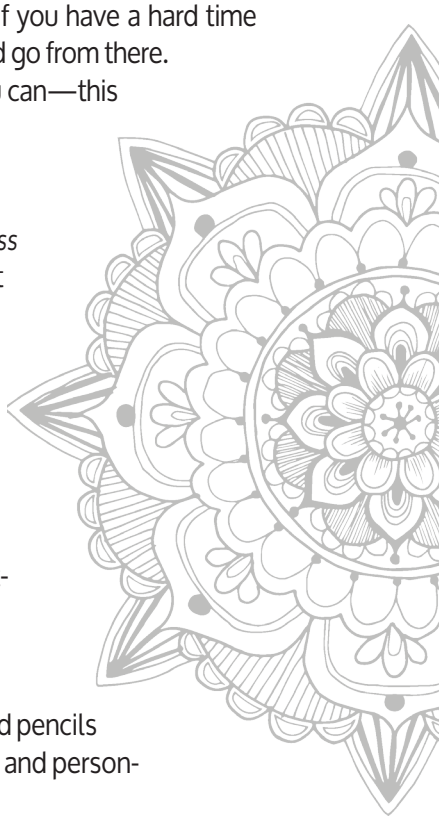
*Signed*_____*Date*_____



The Un-Rules

Use this journal to expand your thoughts with the guided journal prompts. The best part about this is that there are no rules. You can go in order, if that suits your fancy, or skip around to topics that draw you in. When journaling, it is best not to conform to spelling or grammar rules. If you feel like writing sideways, then do so. Listening to your intuition will lead you to discovering far more than you would if you were worried about conforming to rules. If you have a hard time without following some sort of guideline, then start on the first page and go from there. Again, I urge you to please try to let go of perfectionism as much as you can—this will allow your lovely inner voice to come forward.



Meditation

Use the breathing techniques and meditations in my book *The Goddess You*: Principles for Living in Soul Alignment, to get you in the perfect Zen mode.

You get what you give

What you put in is what you get out. So, my friend, plan accordingly by setting time and space for this sacred work. My advice is to set aside 20 minutes per journaling session. It's best if the sessions take place at the same time of day. This will help you set the framework for using journaling throughout your life as a tool and modality in connecting to your soul self.

Discovering

Let go and have some fun with your writing. The use of colorful pens and pencils can raise the vibration of your writing. Grab a glue stick and use photos and personal items to tell your truths in these pages.

Tissues

Journaling can bring up feelings and thoughts you did not know were even there. It's a grand idea to keep facial tissues on hand. Trust me on this one. I'm speaking from teary-eyed, runny-nosed, sobbing experience here. As I wrote in *The Goddess You*, it was worth every tear, so don't give up on your goals over a few tears. You've got this!

Shhh... Close your lips

Journaling is sacred work; treat it as such. Don't go spilling your deep dark thoughts to others just yet. Right now is the time to let the words loose and release the energy they hold within you. That is key in healing through journaling. Silence is golden, as they say, so spend time listening more and speaking less. This will help you in hearing your soul truths over all the outward noise.

This, my friend, is how you discern what is yours and what is another's.

Writer's block

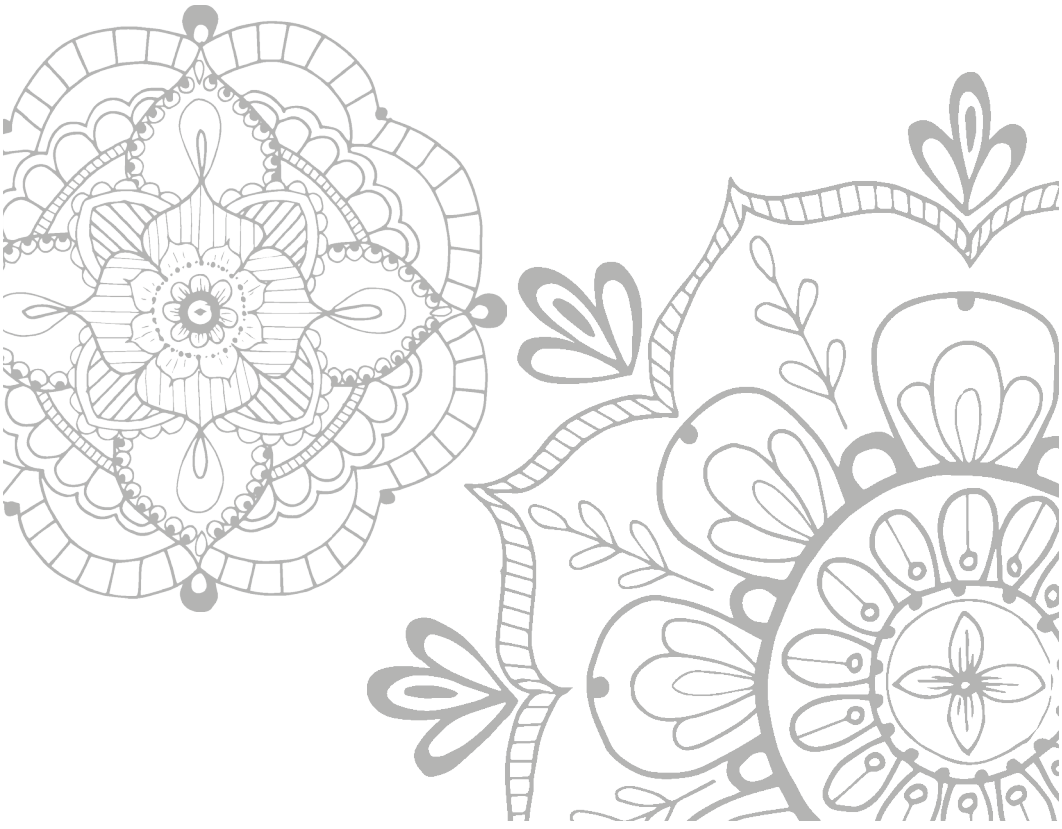
It happens to the best of us. Yup, I am speaking from experience here, and what I found is that it is best to let go and write anything. Words of gratitude, a prayer, a song, your kid's names, your vows to yourself. I don't care what you write, just that you write through the block! Be silly. Make rhymes. Try writing swear words—it's fun to do in all caps! Do what ever you can to keep your journal commitment!

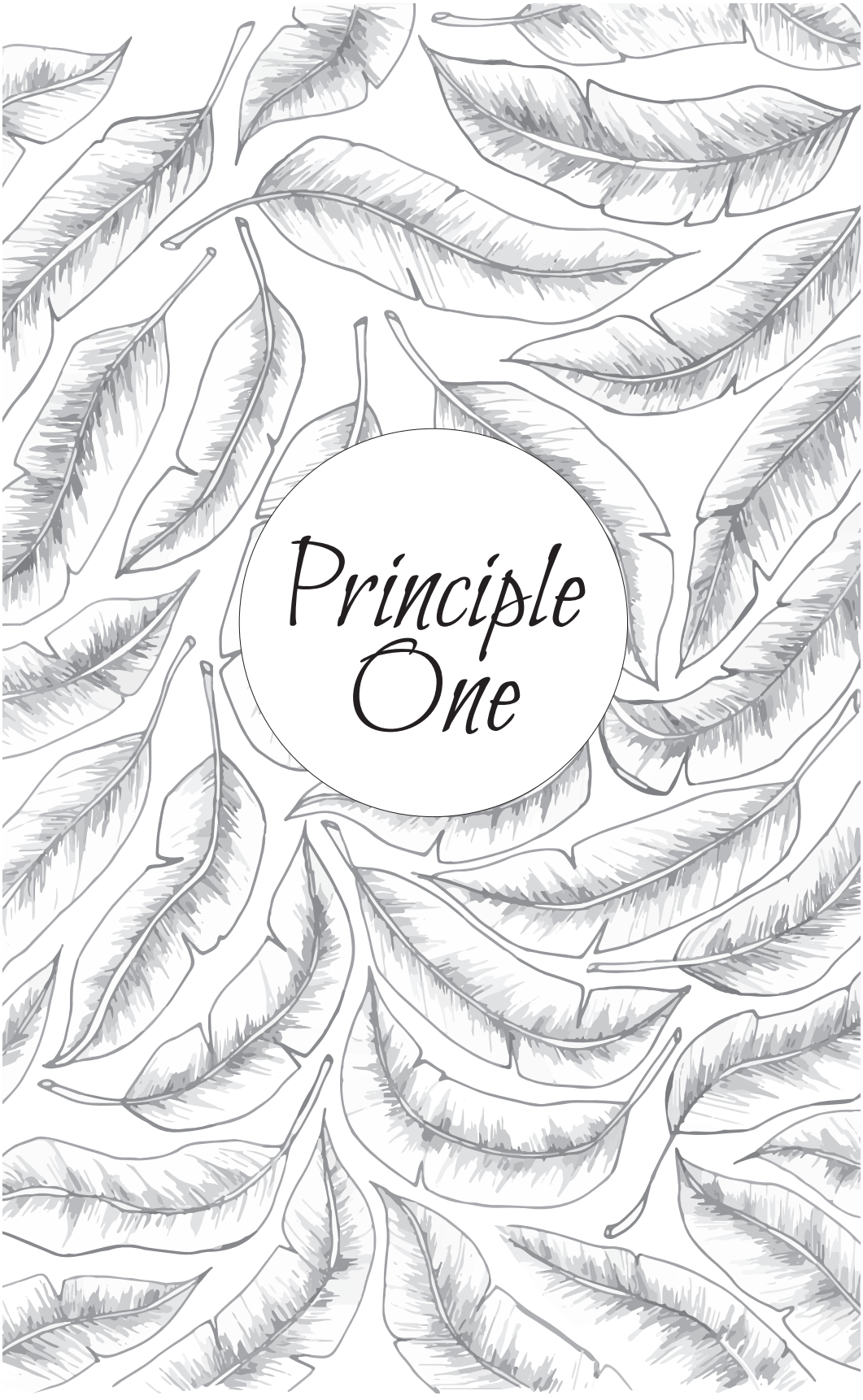
Ready set GOOOOO

I think you have the idea now! So let's get this party started! I'll see you in the first chapter!

Ohhh, and just one more thing: Remember these are either daily or weekly journal exercises. (Refer back to your contract for your time frame.) If you choose the weekly prompts, then keep in mind you will be journaling on the same prompt for seven days in a row. But feel free to move ahead at your own pace.

Now I'm sending you off with my blessings, prayers and love. May you achieve your goals, and may your journey fill your life with profound love and grace.




Principle
One

Quieting the Mind

It's time to stop the mindless chatter that keeps your brain busy in the nothingness it has to offer. Shutting down the constant chatter will open space for your soul self to be able to emerge forward.

Ego, or as I refer to him, Ego Shmego, is the tricky little bastard that lives in your head and keeps you living in fear. His main job is to generate fear-based thinking and keep it going. He thrives and grows stronger with every fearful thought. The more you turn your attention away from love, the happier and stronger Shmego becomes. By learning how to shift your fear thoughts over to love thoughts, you will begin to recognize Shmego's number. Once you've got his number, you can call him out on the fear he serves up to you and replace that with love. And in case you aren't aware of this truth already, let me tell you what Spirit has taught me about the miracle of love: it is love that heals everything. Bam, now you know the secret universal truth.

Breath work keeps your mind free of thoughts that clog your brain's pores, so to speak. Use the guided meditation in chapter one of *The Goddess You* book to prepare your mind, body and soul.

❀ Just a reminder that your daily prompts are the questions your soul self asks. When you respond, you are responding to your Goddess soul self!

❀ "Nancy Drew it" is a coined phrase by moi. When you "Nancy Drew it," you become a detective by uncovering all the hidden details of the question at hand. Nancy Drew is a fictional teenage girl detective invented by author Carolyn Keene in the 1930s book series by the same name.

Let's talk about Ego Shmego and his tone. In *The Goddess You*, I use the word "tone" in a very specific way—it refers to how I hear Spirit's voice. While the dictionary definition of "tone" is simply a modulating of voice that may express a particular feeling or mood, for me the word encompasses the sound or quality through which someone speaks through any one of my senses. Tones can be dull and flat or bright and energetic. Tones can reveal the truth beneath what is happening. Ego Shmego's tone is fear.

Tell me about the words thoughts and feeling that Shmego uses to keep you living in fear.

Groove in LOVE energy for this entry by breathing in through your nose and out through your mouth, while focusing on your heart center for five minutes. Tell me what love sounds and feels like to you right now.

Tell me all the things you love about you, and all the ways you love those things. Don't be shy now. Lay all that groovy sexy love on me in the lines below.

Now that you are aware of Shmego's tone and love's tone, tell me if and how have you started to call Shmego out on his fear-based tone.