

Coral Valley Journaling Series

Tools to Guide your Growth

Why journal?

Journaling has been considered a popular and powerful self-reflection tool for—well, forever. There are many ways to journal. For individuals who have already developed a journaling habit, spontaneous, free-form writing—prompted by nothing more than a blank page—may be all you need to get going. Other people, however, benefit from more structured journaling, guided by specific prompts aimed at building a skill, processing an experience, or solving a problem. We hope that the *Coral Valley Journaling Series* will help to guide your growth toward self-knowledge, self-improvement, and self-acceptance.

Journaling Focus: Reflecting and Manifesting

“New Year’s Resolutions” have a way of being forgotten, to the point that this phrase has become almost cliché in some communities. Yet, cultures around the world call upon people to take some time to celebrate, reflect, plan, and grow whenever a new year begins.

Follow the simple, introductory exercise below to ring in the new year with the support of these intentional reflecting and manifesting prompts. Take your time. Close your eyes to connect with your memories and your future visualizations. Identify where you experience your emotions in your body. Bring, not just words to the page before you, but life to the experiences you are reflecting upon and manifesting.

Reflection Prompts

Looking back on the previous year....

List three accomplishments that elicit **pride**.



Take a moment to experience that pride. Where do you feel it in your body? How is the emotion expressed in you? Perhaps a smile on your face, a warmth in your tummy, or a fullness in your lungs.

List three blessings that elicit **gratitude**.

Take a moment to experience that gratitude. Where do you feel it in your body? How is the emotion expressed in you? Perhaps another smile on your face, a feeling of coziness throughout your body, or a lightness in your chest.



Acknowledging **sadness, disappointment, loss**, or other **shortcomings** is another important aspect of honest reflection. Take a few moments to reflect upon one to three related experiences below. Experience the emotions that follow, noticing, again, where they show up in your body. For example, you may feel a pit in your stomach, a heaviness in your chest, or even tension in your spine. Jot down those *noticings* as you become aware of them.

When ready, imagine yourself physically softening around the places in your body where you experienced these emotions. Breathe through and around them, again, taking your time. You may notice that anger may become less intense, grief, more tolerable. While this may be difficult, remember that emotions come and go with time and intention. Describe any changes in your body and emotions below.



Manifestation Prompts

Looking ahead to the new year...

Identify what you want to bring into your life, imagine it with detail, and determine steps to build momentum to ***manifest it***.

Manifestation Categories: Consider the following (or other) categories to guide your manifestation statements:

- Family
- Friendship
- Marriage/Partnership
- Faith and Spirituality
- Work and Career
- Financial Wellness
- Emotional Wellness
- Physical Health
- Leisure/Hobbies
- Other: _____
- Other: _____
- Other: _____

Values-Driven Manifestations: It is important for your manifestations to be not only aligned with, but also rooted in, your values. Jot your top five to ten most central values below, and periodically return to them as you build your manifestation statements.

My Top Values



Manifestation Statements: For **three to five** of the above categories, write a manifestation statement. Write it in the present tense, or even the past tense, to strengthen its weight and to begin manifesting it with each, intentional word.

Examples:

I am fully present with my children when we are together.

I am saving 10% of each paycheck to give to a cause in which I believe.

I am filling my body with nourishing and healthy foods.

I am leaving my toxic work place for a job that aligns with my values.

After you have written your manifestations, you can begin to **operationalize** them.

Some quick tips for how to do so:

1. Practice the 369 method: Write down one manifestation statement per day, 3 times in the morning, 6 times mid-day, and 9 times at night. Your manifestation statements will become more deeply ingrained in you as you internalize and ultimately embody them.
2. Turn your manifestation statements into SMART Goals: Specific, Measurable, Ambitious, Realistic, and Time-Bound.
3. Share your manifestation statements with important people in your life. Speaking them aloud to those who love and support you will help you speak them into existence!

*Stay tuned for the next exercise in the **Coral Valley Journaling Series!***

