

Conjure Up Your Intention Day 8

W elcome to day 8!

We are so glad you have given yourself this gift, and invested all this time, effort and love into yourself this past week.

Today we invite you to acknowledge all that you have been through, all that has come up for you and all you have achieved.

Here are some journal prompts to sit with, but these questions are only to get your juices flowing along with anything else that has come up over the past week.

How do you feel today in comparison to day 1?
How do you really feel?

Why are you here?
Why are you really here?

What have you learned about yourself and your desires?

Are you content and satisfied with your life as it is?
Do you feel the way you want to feel?

What changes would you like to make?
What areas of your life need some extra attention?

What makes you feel alive?

Are there any parts of your life would you like to let go of now?

Today is about dreaming, reflecting, editing and allowing.