An open notebook with a blue overlay containing text, a pen, and purple flowers. The notebook is open, showing two pages. A blue rectangular overlay is centered on the pages, containing the text '43 JOURNAL Prompts FOR YOUR Sattvic Journey' in a yellow, handwritten-style font. A copper-colored pen lies diagonally across the bottom right of the notebook. In the top left corner, there are small purple flowers. The background is a light, neutral color.

43 JOURNAL Prompts
FOR YOUR
Sattvic Journey

An examined life leads to a mindful one, and vice-versa.

Both require us to slow down.

Practice witnessing all as it is, not how it's conditioned itself to be.

In yoga, when we choose to explore ancient teachings and self-reflect as we evaluate them for relevance in our lives today. This is yoking.

In other words, we are unifying and bringing related things into balance; aligned harmony. Active witnessing and learning about yourself is what makes for easy sattvic balance.

#AskQuestions #Svadyaya #Introspection #JournalFeels #NarrativeHealing



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making promises
that you cannot
keep is no better
than telling a lie.

Decode the
messages, Not the
dogma.



Live ethically.

Lead by example.

CONNECT WITH
DIVINITY DAILY.

SERVE OTHERS.

"Clutter is the
physical
manifestation of
unmade decisions
fueled by
procrastination."

-Christina Scalise

Connect with a
sense of
community.

What serves the
greater good?

Life is therapy, and
at the root of
every happening,
are some pretty
insightful lessons.

vibing with people
who know things,
who appreciate
moments, & who
are relaxed enough
to laugh... that's
my speed.

vibing with people
who know things,
who appreciate
moments, & who
are relaxed enough
to laugh... that's
my speed.

Yogic speech:

- Tranquil

- Truthful

- Pleasant

- Beneficial

TURN TENSION INTO
A STRANGER.

#DailyAsana

Balance =
also satisfying
my shadow self.



Set yourself up
for success with
specific goals
fueled by clear
intentions.

Have fun with
the creations
that bring your
ideas into physical
manifestation.

As we work to
free ourselves
from excess, we
can practice awe
more effectively.

Pratipaksha
Bhavana

=

the comparison
of opposites.

SLOW DOWN.

Get out of your
head, and into
your body.



La Luna



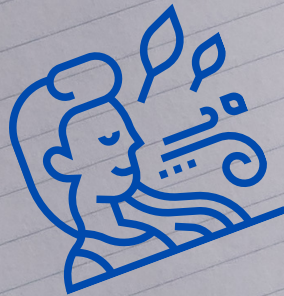
Stop placing
UNREALISTIC
PRESSURE ON
YOURSELF.



Breathe.

Live.

Enjoy the Ride.



Giggle at your
humanness. Not
everything goes
to completion
without a hitch.

Don't take it so seriously.

★ Slow down.

★ Get connected.

★ You have time.

Are you busy or
are you present?

Notes from the
Laws of human
nature:

I am not a
passive slave to
my human
nature.

It's the little
thoughts that
change us, bit by
bit, every day.



Letting go doesn't
always work.
When this happens,
we have to meet
whatever it is
with
understanding.

As Byron Katie
puts it, "I meet
my thoughts with
understanding and
then they let go
of me."



can I be a light in
the dark?



Finding like-minded
weirdos to love
and respect gives
me joy.



If you want to
be a tragedy, be
clear on what
kind.

What are you
reading, writing,
speaking?

What are you
living?

#Indignment

Dialogue is a
potent grinder of
transformation.

#communicate
-selfcheck101

I always want to
get to the end,
but then it
occurs to me, to
simply get to the
point.

-me

PERSONAL Lifestyle choices:

PROS.	CONS

More power and
magic thrives in
the question that
is in the answers.



Life piles up when
you're not looking.
It gets stuffy &
stagnates and
whenever you get
the chance to
clear it all out
and reset, take it.

When you look
out the window
and don't like
what you see,
Redirect all efforts
and emotions into
the manifestation
of what you
desire instead.

Permission to fall
short of all your
expectations: Go
ahead and forgive
me now for being
human.

When you stop
resisting a
situation, it no
longer needs to
persist.

Am I unconsciously
magnetizing
myself for
mediocrity,
undervaluement,
under appreciation,
and isolation?

Not every
moment in life is
a super "positive"
one, and that's
okay.





Hide or shine; it's
up to you.



Your work is not
your worth, no
matter how
fulfilling you may
find it.



can't fight other
people's battles for
them...even when
you want to.



Am I experiencing
Nature Deficit
Disorder?



**Journaling doesn't just record the events of our daily lives,
it centers our thoughts and reflections in a way that little else can.**

So, go on friend, jot down deep thoughts and passing fancies as they present themselves to you. Explore your days, excavate your shadow, examine your synchronicities. Allow yourself some space for emotional release as you get your mind, body, and spirit into sattvic balance.

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Namaste.

