RADIANT REFLECTIONS



A Journal Companion

A 21-day journey to
get clear on what you really want,
and what's getting in the way of you
realizing your dreams.

By Deborah Keene

You cannot have a close, trusting relationship with someone that you don't spend time with.

And that includes yourself!!

To lead fulfilling lives and realize our highest potential, it is essential to dedicate time to deeply know ourselves and our patterns.

Developing a daily practice of introspection not only fosters personal development but also enhances our relationships, brings clarity to our visions and dreams, illuminates challenges, and generates momentum to overcome stuckness.

Journaling is a potent way for self-exploration, and helps us know the answers to our questions and hear our inner voices. Even when struggling with a perplexing question, the act of sitting down with a blank page can remarkably untangle the confusion and bring about profound insights in a single session.

Such is the transformative power of journaling.

But many folks don't know where to begin.

This journal guide is designed to help you get to know both your deepest desires and your deepest fears. It will help you get clear on who you are at a soul level and what the dreams of your heart are... And it will help you get clear on the beliefs, fears, and mindset challenges that are causing you to not already be living them out.



An impactful journaling practice hinges on two essential principles:

Unwavering Honesty: It requires presenting the complete truth, no matter how intricate or messy. Real change becomes possible only when you confront and acknowledge the truth.

Suspend Judgement: This practice invites you to observe instances where self-judgment and self-criticism arise. Upon recognition, the key is to inquire how you can infuse more love and compassion. Judging and feeling guilty offer no constructive purpose in your personal development; instead, they highlight areas where applying more love is essential.

The Approach

Research consistently shows that it takes at least 21 days to establish a new habit.

If you're looking to cultivate a daily journaling habit,
consider dedicating a minimum
of 10 minutes every morning for a continuous period of 21 days
to engage with the reflective questions in this guide.

However, it's important to note that the benefits of self-inquiry aren't confined
to consecutive days, and the time commitment is flexible.
Feel free to allocate the necessary time that suits your individual pace.

The questions in this guide are sequenced to build upon each other,
so progressing through them in order is encouraged.

To facilitate this practice, set a timer on your phone based on the time you can
afford, and engage in free-writing until it goes off.

Let your thoughts flow onto the paper without any filter;
nothing is too trivial or insignificant.

If you find the need to continue beyond the timer, do so.

Remember, there are no right or wrong answers
and there's no judgment attached to your truth.



If any of the questions evoke emotions,
allow them to surface in whatever form
they need to express themselves.

Radiate your Light!

DAY 1

If absolutely anything were possible for your life and you could create and receive anything that you desired, what would your life look like? Write a detailed description. .

TIP: For extra manifesting power, write out this vision of your life in the present tense, as if it has already happened and give thanks for it all.

DAY 2

What makes you uniquely you? What are the things that you like about yourself?



DAY 3

If God (Source, the Divine, the Universe, Goddess, use the word that feels good to you) were to describe your soul, what would they say.

DAY 4

What are you doing when you feel the most you? Which things in your life currently bring you joy? Which do not?



DAY 5

Go back and read your description from Day 1. What are the things that are holding you back from making this a reality?

DAY 6

What is the identity that you feel like the world is imposing on you? What are the masks that you wear? Who are you pleasing with those masks?



DAY 7

What is your relationship with your intuition? What evidence do you have to trust it? What evidence do you have not to trust it?

DAY 8

What is your relationship with your emotions? What happens when you allow yourself to fully feel?



DAY 9

Describe in detail the first time in your life that you felt like you were different or didn't belong. What did you wish you knew then? What would you tell that version of yourself?

DAY 10

What are the areas of your life where you feel like you aren't good enough or you aren't measuring up? What is the story you are telling yourself about them?



DAY 11

Who do you need to be and what do you need to believe in order to feel good enough in the areas of your life where you feel like you don't measure up?

DAY 12

Infinite wisdom is in your body; what do you think she is telling you?

DAY 13

If you were to sit down to a soul-nourishing conversation with someone, what do you wish they would tell you? What do you need to hear?

DAY 14

What are the parts of you that you try to hide from others? What are the parts of you that you avoid looking at yourself?



DAY 15

What do you want to believe about those things that you hide or avoid? If life is always happening FOR you, how might they be serving you?

DAY 16

What is your definition of success? What is your definition of failure? What does each one feel like?

DAY 17

What are the things/people in your life that drain your energy? What boundaries do you need to set in order to protect your energy? What is stopping you from setting them?

DAY 18

What kind of people do you want to have more of in your life? How would your life be different if you were plugged into that kind of community?

DAY 19

What are 3 things that you would like to bring to life in the next year? What would be different in every area of your life if they were to come true?

DAY 20

What is the loudest thing that your inner critic is shouting at you to stop you from taking action on those things? If you were to reframe it as something more empowering, what would that be?

DAY 21

What are 3 daily habits that you can master that will help you bring the 3 things from Day 19 to life and be more of the person you want to be? What do you need to do in order to begin taking action on them?

Bonus

What is the legacy that you want to leave in the world? How are you currently communicating it, and what is one thing you could do to turn up the volume?





Magic happens when we are guided
by our intuition and we take action
on what we know.

So what's next?

If this guide resonated with you and brought valuable insights into your self-discovery journey, but you recognize a gap between where you are and where you want to be, consider joining forces with me.

Maybe you've identified certain beliefs and habits that require a shift in order for you to have the strength, confidence, and clarity to shape a life you love that truly aligns with your soul's yearnings.

If so, and you need help....

SHE WHO KNOWS

A Six Month Soul Journey to Reclaim your Strength, Confidence, and Innate Wisdom

As a mentor and coach, one of my unique strengths lies in my 50 plus years of devotion to the studies, practices, teachings and working 1:1 with individuals using Yoga, Meditation, Ayurvedic lifestyle and Self Care Principles, and Ancient Feminine Wisdom.

This Program is my heart and soul and a testament to my life's work.

If you are curious, please reach out.

Let's have a conversation. No cost. No pressure

Schedule a **FREE** discovery call to share your story, and explore how mentoring with me could elevate you and your life to the next level.
I would love to have the chance to talk with you.

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