

MAKING PEACE WITH THE UNKNOWN



A GUIDED JOURNAL FOR
life's in-between moments



MONTHLY
REFLECTION
journal



There are moments in life when we want answers before life is ready to give them.

We want to know what will happen next. We want to understand why something is unfolding the way it is. We want clarity, reassurance, a sign, a timeline, or some kind of certainty that everything will work out the way we hope.

And when those answers do not come right away, the unknown can begin to feel uncomfortable. It can bring up fear, doubt, overthinking, impatience, or the urge to control every possible outcome.

But the unknown is not always a sign that something is wrong.

Sometimes, it is simply the space between where you have been and where you are being led next. It is the quiet middle place where life is still moving, even if you cannot yet see how everything is coming together.

This journal is an invitation to soften your relationship with uncertainty.

Not by pretending you are not afraid. Not by forcing yourself to trust before you are ready. And not by rushing past the very real emotions that come with not knowing.

Instead, this is a space to meet yourself honestly.

To notice where you may be gripping too tightly. To listen to the parts of you that are asking for safety, comfort, and reassurance. To remember that you do not need to have every answer in order to be supported in this moment.

You are not lost just because the path is not fully visible.

You are allowed to take one breath, one moment, one step at a time.

And maybe, somewhere along the way, the unknown will begin to feel less like something you have to fear and more like a sacred space where something new is quietly becoming.

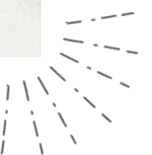
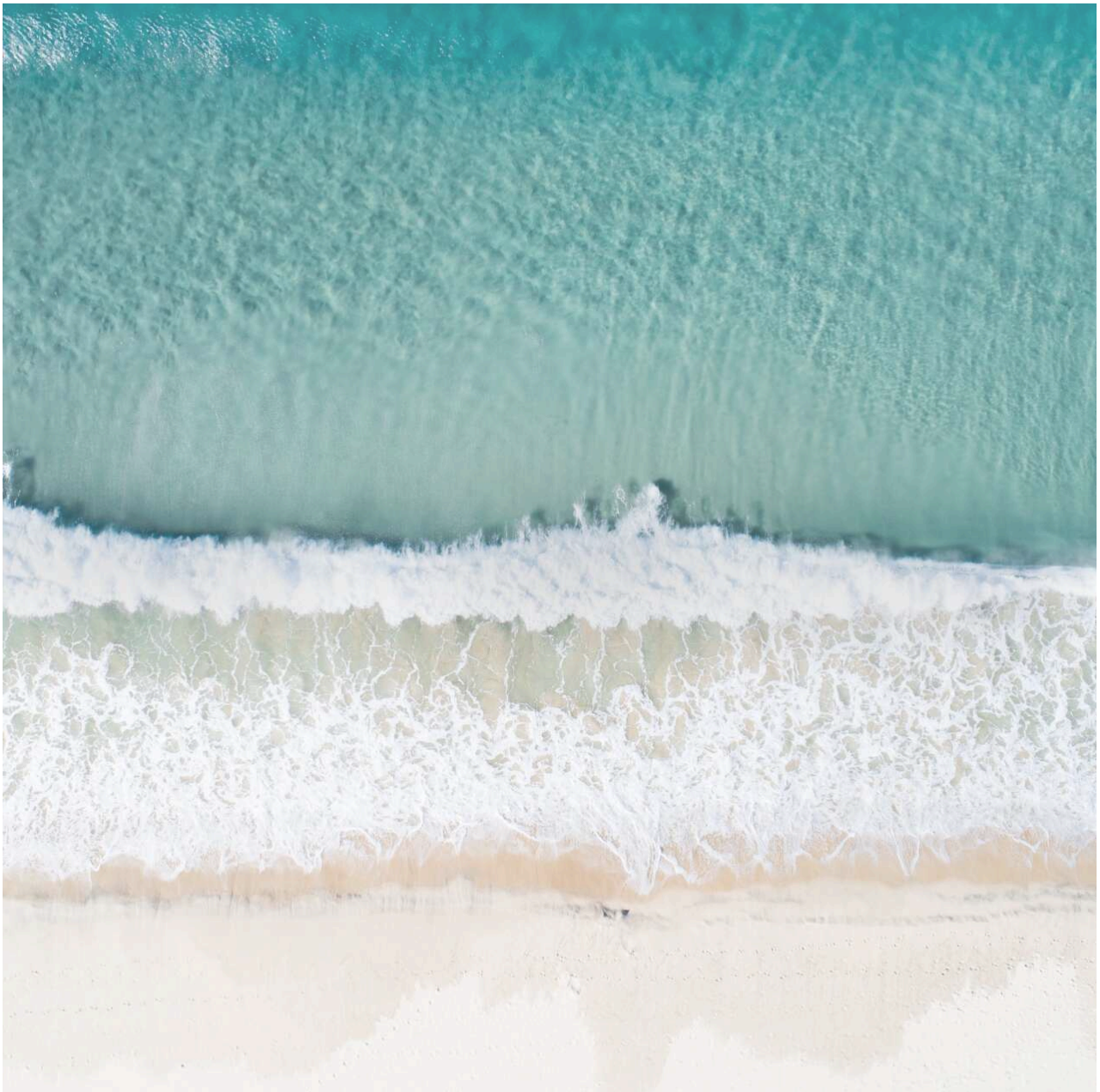
Lisa Witzel
AKASHIC RECORDS CONSULTANT





As you move through these questions, notice what your mind does when it cannot predict the ending.

The unknown often brings us face-to-face with the part of ourselves that wants certainty before we feel safe. You do not need to silence that part or rush it into trust. Simply notice where you reach for control, where you rehearse every possible outcome, and where you may be asking life for answers it has not finished revealing yet.





What unknown in my life feels the most present right now?

When I imagine not getting clarity right away, what fear rises to the surface?

What part of me feels unsafe when I cannot predict what comes next?





Where have I confused “I do not know yet” with “something is wrong”?

What quiet truth do I already know, even if the full answer has not arrived yet?

What small next step is available to me without needing the whole path to be clear?





Where am I mistaking stillness for stagnation?

If the unknown could speak to me with compassion, what might it want me to know?

How can I support myself today while life continues to reveal what I cannot yet see?





As you repeat these affirmations, let them meet the part of you that wants certainty before it can feel safe.

You do not have to force yourself into trust or pretend that the unknown feels easy. Let these words become a steady place to return to when your mind wants to rush ahead, predict the ending, or hold tightly to what has not yet been revealed.





I can be at
peace before I
have answers.



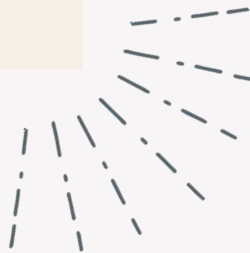
I am safe
in the space
between.

The unknown
is not my
enemy.

I let life reveal itself
gently.



I do not need to
know everything
today.





*I release
the need to force
clarity.*



*I trust the
wisdom of
divine timing.*

*I am supported
in the
unanswered
places.*

*I do not have
to rush
the becoming.*



*Peace is available
to me
right now.*





THE ONE AFFIRMATION THAT SPOKE TO ME

Of the affirmations you just read, which one is echoing in your heart right now? Write it below or even rewrite it in your own words.

THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

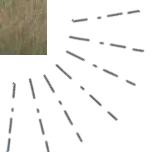
What feels quietly true for you right now, even if it's small, even if you can't explain why? Let it be just one line. A soul note to carry.





As you enter this reflection, notice the relationship you have with unanswered things.

The unknown can reveal where you reach for control, where your mind searches for proof, and where your heart is still learning how to feel safe without certainty. Let this be a space to look beneath the surface of your fear and ask what this season is really showing you.





MY SOUL INTENTION FOR THIS MONTH

Where can I practice peace before I have answers? Let it be a word or phrase that can guide me through uncertainty.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

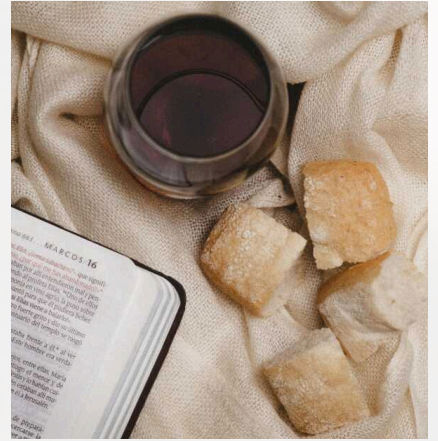
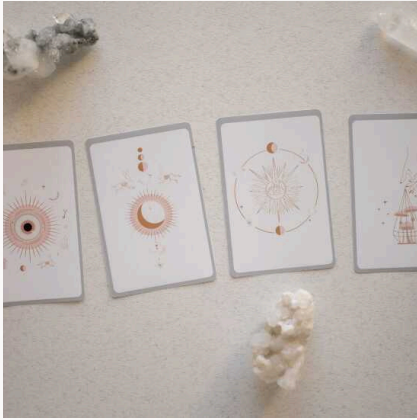
Without needing to know how everything will unfold, what am I willing to stay open to?

Check-in

This month, I noticed...

- ☐ A place where I wanted certainty
- ☐ A fear I was ready to soften
- ☐ A question I could let breathe
- ☐ I let trust lead
- ☐ A truth I already knew within
- ☐ A next step that quietly appeared





The unknown is not empty.
It is still becoming.





If you are standing in the unknown and longing for guidance, this may be your invitation to listen more deeply.

A one-on-one Akashic Records session is a sacred space to bring the questions that feel unfinished, the choices that feel unclear, and the parts of your path that have not fully revealed themselves yet.

You do not need to arrive with perfect clarity. You only need to come with openness, honesty, and a willingness to hear what your soul is ready to show you.

Together, we will enter the Records with compassion and presence, allowing insight to rise in its own time. Not to force an answer before it is ready, but to help you feel more grounded, supported, and connected as life continues to unfold.

The unknown may still be unknown.

But you do not have to meet it alone.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Wetzel
AKASHIC RECORDS CONSULTANT





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Wetzel



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