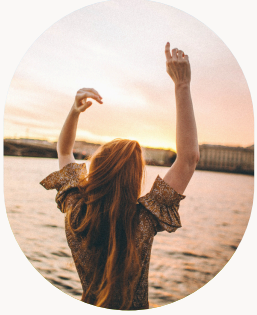


THE GRACE METHOD

Journaling prompts



THE GRACE METHOD



G

GROUNDING PRACTICES -
SOOTHING BREATHING, SOMATIC PROCESSING



R

RITUAL TO HONOUR YOUR PAST , WHAT YOU CHOOSE
TO LET GO OF & INVITING IN ALL YOU MAY BECOME



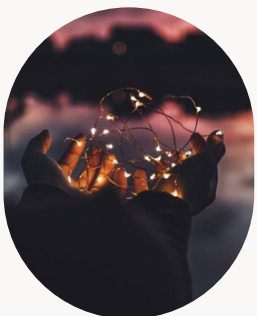
A

AWARENESS THROUGH JOURNALLING & SELF ENQUIRY,
AWARENESS OF THE LIMINAL SPACE, OF YOUR VALUES
& AUTHENTIC SELF.



C

1:1 COACHING
YOUR SPACE TO BE FULLY SEEN & HEARD



E

EMBRACING CHANGE, EMBRACING ACCEPTANCE,
EMBRACING YOUR PATH

Daily Grace Journaling



Regular journaling can become a powerful tool for self-understanding. It was something I really learnt on. It was my chance to express my deepest thoughts & worries without any judgment.

Journaling can give you a space for unrestricted self-expression & externalise worries/thoughts & over-thinking.

Expressing your thoughts down onto paper means they are not circling in your head.

The simple process of moving emotion “through & out” is extremely powerful during your journey.

Journaling has not always come naturally to me so if you feel blocked or stuck begin with the following prompts.

Remember, this is purely for you. No one will read, judge or mark it. Your grammar & spelling does not matter, just put pen to paper & write exactly how you feel.

The Grace Method is here to offer support but not to tell you what to do as this is your journey.

Use the following questions/prompts & write freely as & when you need to.

I found these kinds of prompts so helpful when I wanted to express myself but I kept hitting a wall.

You may only need one or two prompts. Read through them & feel which one “lands” with you today.

Daily Grace Journaling

Self Enquiry Questions



- What is the biggest change I'm currently facing?
- What is the strongest emotion I am feeling?
- How has this change affected my sense of identity?
- What have I had to let go of recently? How do I feel about letting go of these things?
- What emotions come up when I think about this change?
- Where do I feel these emotions physically?
- If I could talk to my future self, what guidance would I ask for?
- What aspects of my past self or life am I grateful for, even as I let them go?

"Journal writing gives us insights into who we are, who we were, and who we can become." –
Sandra Marinella

Acceptance

Can I allow myself to “be”?

Can I allow myself to be ok with not knowing?

Can I learn to be ok with not having the answers right now?

The urge to have all the answers fills me with impatience.

This place, the middle, the in-between, the liminal space is home for now.

Acceptance or resistance?

Impatience or peace?

Daily Grace Reminders

Set aside time to go through the Endings Ritual

Set aside 5/10 minutes daily to be still & breathe (use the audio for guidance)

Be sure to go through the “value” exercise

Write, journal & refer to the self- enquiry questions to help you dig deeper

Listen to the somatic meditation RAIN practice

Download & listen/repeat the daily affirmations

Make a note of any insights you wish to explore & bring them to your coaching sessions.

Your experience is unique but you are not alone.

Join the Daily Grace community on FB, build it with me as we support each other, listen whole heartedly & then become a pillar of support for others who may need this.