



Week 9 Journaling Guide #2:
Wonder, Beauty & Joy are the Keys to your new Sensual Self-Care!

Here are some inquiry prompts for your enjoyment during your Integration Week:
(Hint: Remember to bring these qualities through your whole body!)

“I wonder how much _____(nourishing quality) I can receive today?”

“I wonder how much _____(nourishing quality) I can receive right now?”

“I wonder what choices I could make today that will bring _____(quality) into my life (and to everyone) effortlessly?”

“I wonder what I could do today that would bring a breakthrough in _____(area of life) with ease & joy?”

Write your own: