



## THIRD EYE CHAKRA JOURNAL PROMPTS

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**DO I CONSIDER MYSELF INTUITIVE? WHY OR WHY NOT?**

**HOW DO I MOST OFTEN EXPERIENCE MY INTUITION? DOES IT COME IN THE FORM OF A GUT FEELING, A VOICE IN MY HEAD, SIGNS AND SYNCHRONICITIES, OR SOMETHING DIFFERENT?**

**WHAT ARE SOME PAST EXPERIENCES IN WHICH I FOLLOWED MY INTUITION, AND THIS LED ME TO MAKING THE RIGHT CHOICE?**

**HAVE I EVER NOT FOLLOWED MY INTUITION AND WISHED I HAD? WHAT CAN I LEARN FROM THESE EXPERIENCES?**

**DO I TRUST MYSELF TO MAKE GOOD DECISIONS? DO I MAKE DECISIONS BASED ON WHAT'S LOGICAL OR WHAT FEELS RIGHT? IS THERE A HEALTHY BALANCE BETWEEN THE TWO?**

**DESCRIBE WHAT YOUR INNER KNOWING IS TELLING YOU ABOUT YOUR LIFE RIGHT NOW. ARE THERE ANY NEXT STEPS YOU FEEL YOU SHOULD TAKE? HOW DOES IT FEEL WHEN YOU THINK ABOUT TAKING THESE STEPS?**

**IF I COULD TAKE A SINGLE STEP THIS WEEK THAT LEADS ME CLOSER TO MY DREAMS, WHAT DOES THAT STEP LOOK LIKE? WHAT IS MY INTUITION TELLING ME? AM I ABLE TO TAKE THAT STEP?**

**WHAT ARE SOME DAILY PRACTICES I CAN DO TO CULTIVATE MY RELATIONSHIP WITH MY INTUITION? HOW WILL I MAKE SPACE FOR THESE PRACTICES IN MY LIFE? (FOR INSTANCE, DAILY AFFIRMATIONS, WORKING WITH A PENDULUM, MEDITATION, ETC.)**

**FEAR IS A NORMAL EXPERIENCE WHEN WE TAKE A LEAP AND FOLLOW OUR INNER KNOWING. WRITE AT LEAST TEN AFFIRMATIONS ABOUT YOUR STRENGTH, POWER, AND COURAGE TO FEEL THE FEAR AND MOVE FORWARD ANYWAY. REPEAT EACH AFFIRMATION TWICE.**

**IN WHAT WAYS DOES FEAR TRY TO PROTECT ME? HOW CAN I TELL THE DIFFERENCE BETWEEN FEAR THAT IS TELLING ME SOMETHING IMPORTANT AND FEAR THAT IS HOLDING ME BACK?**

**DO I CONSIDER MYSELF IMAGINATIVE? WHAT DOES IMAGINATION MEAN TO ME?**

**WAS IMAGINATION ENCOURAGED OR DISCOURAGED GROWING UP? WHAT WAS MY RELATIONSHIP WITH MY IMAGINATION LIKE WHEN I WAS A KID?**



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DO I USE MY IMAGINATION MORE OR LESS NOW THAN I DID WHEN I WAS A CHILD? HOW CAN I EMBRACE USING MY IMAGINATION MORE?

USING YOUR IMAGINATION, WRITE A DETAILED ACCOUNT OF THE MOST BEAUTIFUL LIFE YOU CAN IMAGINE FOR YOURSELF. THINK BIG AND DON'T HOLD BACK!

ARE THERE ANY AREAS OF LIFE IN WHICH I CAN BE CLOSE-MINDED? WHAT LED ME TO HAVING A CLOSED MIND REGARDING THESE PEOPLE, BELIEFS, IDEAS, ETC.? WOULD THERE BE ANY BENEFIT TO ALLOWING MY MIND TO BE MORE OPEN?

IN WHAT AREAS OF LIFE AM I VERY OPEN-MINDED? HOW DOES HAVING AN OPEN MIND SUPPORT MY JOURNEY AND MY OVERALL WELLBEING?

DESCRIBE A TIME WHEN YOU SHOWED INCREDIBLE MENTAL STRENGTH. WHAT THOUGHTS, BELIEFS, AND EMOTIONS ALLOWED YOU TO HOLD ONTO THIS MENTAL STRENGTH, EVEN WHEN IT WAS DIFFICULT?

WHAT AREAS OF MY LIFE DO I FEEL I HAVE A STRONG SENSE OF CLARITY ABOUT? WHAT AM I UNCLEAR OR CONFUSED ABOUT?

WHAT WOULD HELP ME TO GAIN MORE CLARITY REGARDING THE AREAS OF MY LIFE IN WHICH I'M UNSURE OR UNCLEAR ABOUT? WHAT DO I NEED TO GAIN A CLEARER VISION OF MY PATH, AND HOW CAN I GIVE MYSELF WHAT I NEED?

HOW DO I REACT TO MAJOR LIFE CHANGES? DO I EMBRACE CHANGE, OR DO I RESIST CHANGE?

WHAT WAS THE LAST MAJOR CHANGE IN MY LIFE, AND HOW DID I REACT TO THIS CHANGE? WHAT POSITIVE LESSONS, OPPORTUNITIES, AND EXPERIENCES CAME FROM THIS CHANGE?

DESCRIBE A MAJOR LIFE CHANGE THAT MAY BE ON YOUR HORIZON. HOW DOES IT MAKE YOU FEEL? WHAT ARE THE BENEFITS OF THIS CHANGE, AND WHAT ABOUT THE CHANGE MAKES YOU FEEL FEAR? ULTIMATELY, IS THIS THE RIGHT STEP FOR YOU?

WHAT DOES IT MEAN TO ME TO BE SPIRITUALLY ALIGNED? HAVE I EVER EXPERIENCED SPIRITUAL ALIGNMENT IN MY LIFE?

WHAT DOES IT MEAN TO ME TO SURRENDER? HOW CAN I PRACTICE MORE SURRENDER AND TRUST IN MY DAILY LIFE?



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DO I FEEL SAFE SURRENDERING, OR DO I HAVE A DIFFICULT TIME LETTING GO OF CONTROL? DESCRIBE THE WAYS IN WHICH LETTING GO OF CONTROL CAN BE A REALLY GOOD THING FOR YOUR OVERALL WELLBEING.

HOW HAS TRUSTING MY PATH LED ME TO WHERE I AM RIGHT NOW, AND WHY IS MY PRESENT-DAY EXPERIENCE A BEAUTIFUL PLACE TO BE?

IN WHAT WAYS DO I POSSESS DEEP INNER WISDOM? DO FRIENDS AND FAMILY COME TO ME FOR ADVICE? WHAT MAKES ME A GREAT PERSON TO TALK TO WHEN ANOTHER PERSON IS LOOKING FOR GUIDANCE?

WRITE TEN POSITIVE AFFIRMATIONS ABOUT YOUR ABILITY TO FOLLOW YOUR INTUITION AND TRUST THE PATH AHEAD OF YOU.

WHY IS IT IMPORTANT TO ME TO HAVE AN OPEN AND BALANCED THIRD EYE CHAKRA?

WHAT DOES AN ORDINARY DAY AS MY MOST INTUITIVE, IMAGINATIVE, MENTALLY STRONG SELF LOOK LIKE? HOW DO I CARRY MYSELF THROUGHOUT THE DAY? HOW DO I TREAT OTHERS AND MYSELF? WRITE ABOUT THIS DAY IN DETAIL.

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*Surrender. Let go. Trust.*