



Honoring my sensitivities

# the empaths releasing energy journal

6 WEEKS OF PREP, PROMPTS &  
PRACTICE

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Kristen Schwartz, MA, CTCR



REALIZED  
*empath*

# releasing energy journal

week 1

## Weekly Check-in

### I AM Statements

Journaling area for I AM Statements, consisting of eight horizontal teal bars.

### My intention for today

Journaling area for My intention for today, consisting of a large white box with an orange border.

### Intention aligned action for today

Journaling area for Intention aligned action for today, consisting of a large white box with an orange border.

### 3 ways I will release energy today

1	
2	
3	

# releasing energy journal

## Honoring my sensitivities

Part of surrounding ourselves with the energy we desire is noticing how we hold ourselves apart from it.

Being aware of our sensitivities is essential in honoring and caring for our needs and embracing who we are. Therefore, I pledge to honor my sensitivities and embrace my needs.

I am sensitive to?

- Strong scents
- Bright lights
- Loud noises
- Crowds
- The feelings/emotions of others
- Change

### My other sensitivities

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# releasing energy journal

week 2

## Weekly Check-in

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### My intention for today

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### Intention aligned action for today

Journaling area for Intention aligned action for today, consisting of a large white box with an orange border.

### 3 ways I will release energy today

1	
2	
3	

Journaling area for 3 ways I will release energy today, consisting of three rows. Each row has a small orange box on the left containing the number (1, 2, or 3) and a larger teal box on the right for notes.





# releasing energy journal

week 3

## Weekly Check-in

### I AM Statements

Journaling area for I AM Statements, consisting of eight horizontal teal bars.

### My intention for today

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### Intention aligned action for today

Journaling area for Intention aligned action for today, consisting of a large white box with an orange border.

### 3 ways I will release energy today

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Journaling area for 3 ways I will release energy today, consisting of three rows. Each row has a small orange box on the left containing a number (1, 2, or 3) and a larger teal box on the right for notes.



# releasing energy journal

## Minding my thoughts

My thoughts play a massive part in the consumption of my energy. Therefore, I choose to be mindful of my thoughts and take responsibility for my mental tranquility.

What negative thoughts are recurring? What feelings and emotions are tied to these thoughts?

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# releasing energy journal

week 4

## Weekly Check-in

### I AM Statements

Journaling area for I AM Statements, consisting of eight horizontal teal bars.

### My intention for today

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### Intention aligned action for today

Journaling area for Intention aligned action for today, consisting of a large white box with an orange border.

### 3 ways I will release energy today

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Journaling area for 3 ways I will release energy today, consisting of three rows. Each row has a small orange box on the left containing the number (1, 2, or 3) and a larger teal box on the right for writing.





# releasing energy journal

week 5

## Weekly Check-in

### I AM Statements

Journaling area for I AM Statements, consisting of eight horizontal teal bars.

### My intention for today

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### Intention aligned action for today

Journaling area for Intention aligned action for today, consisting of a large white box with an orange border.

### 3 ways I will release energy today

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Journaling area for 3 ways I will release energy today, consisting of three rows. Each row has a small orange box on the left containing the number (1, 2, or 3) and a larger teal box on the right for notes.



# releasing energy journal

My inner circle cont.

What am I being called to let go of in my life?

A series of horizontal wavy lines for writing.



# releasing energy journal

week 6

## Weekly Check-in

### I AM Statements

Journaling area for I AM Statements, consisting of eight horizontal teal bars.

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### Intention aligned action for today

Journaling area for Intention aligned action for today, consisting of a large white box with an orange border.

### 3 ways I will release energy today

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Journaling area for 3 ways I will release energy today, consisting of three rows. Each row has a small orange box on the left containing a number (1, 2, or 3) and a larger teal box on the right for writing.







# releasing energy journal

Thank You

If I were that little inner voice inside your head right now, I would say thank you. Thank you for showing up, for your consistency, and keeping daily promises to me. Thank you for realizing your power and capacity to show yourself the care you show everyone else.

Please reach out if you desire additional support on your journey of self-discovery, honoring your sensitivity and healing.

[www.realizedempath.com](http://www.realizedempath.com)

Kristen Schwarz, MA, CTRC



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