

Empath Morning Ritual Journal

I created this for us.

You have something compelling to give the world, and you have unique needs. Making this journal, part of your morning ritual, will provide you the support and self-awareness you need to thrive in an insensitive world.

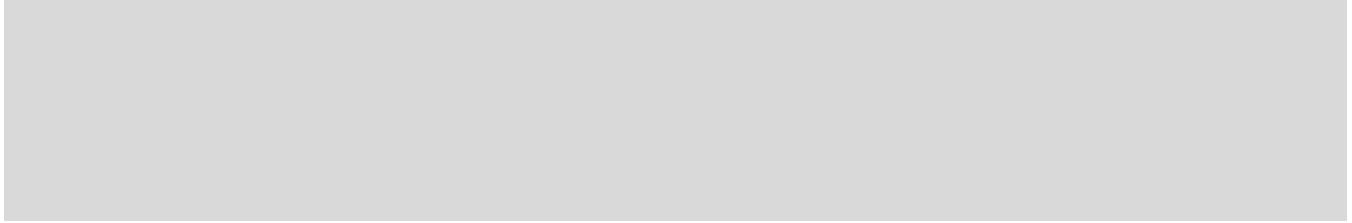
Print multiple copies and staple them together.
I like printing enough for two full weeks.

Make it part of your morning routine, in the stillness of your morning before your day gets busy.

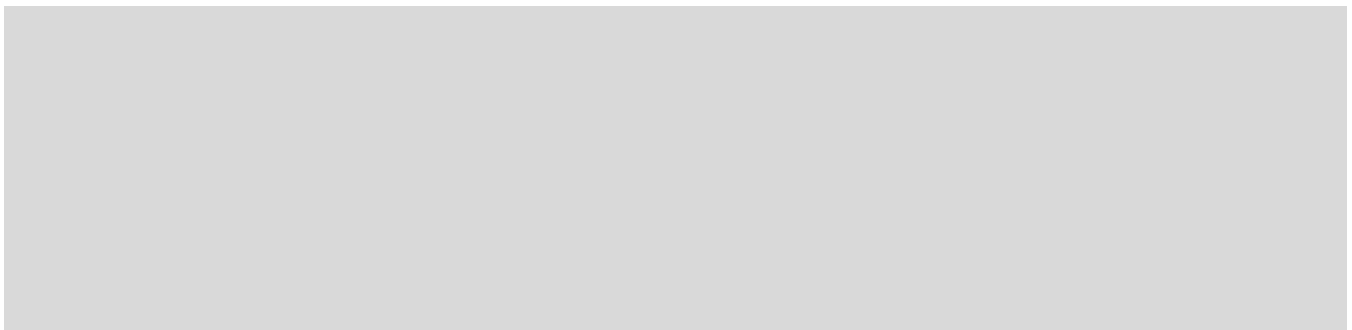
Kristen Schwartz

Today's blueprint

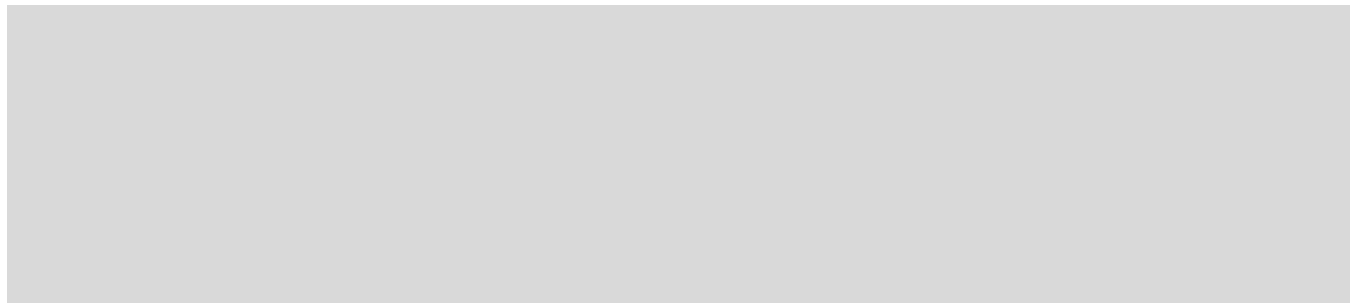
Today's Intention



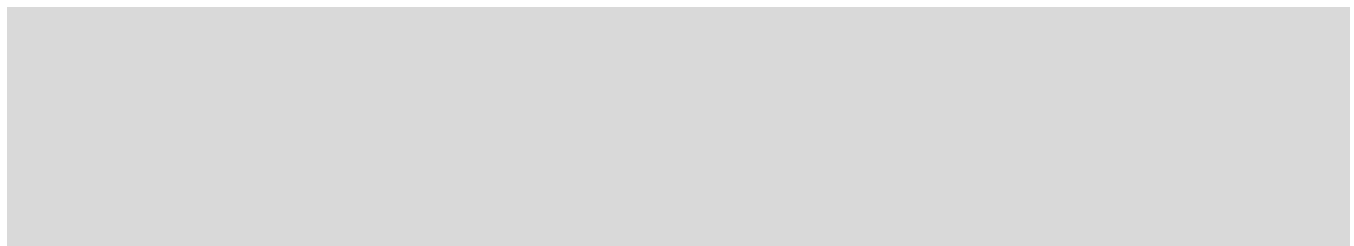
What pattern of thought or behavior might sabotage your intention?



Write "I am" statements that align with your intention. i.e.
I am loved, I am safe, I am guided. I trust myself. I trust what I feel



List actions you'll take that align you with your highest intention



Intuition exercises

Choose one each morning.

Sit in stillness.

Follow your breath by counting '1' on the inhale and '2' on the exhale.

When you are relaxed and quiet, identify an event or situation you'd like more insight around.

Focus on the event or situation intently for a few minutes.

Ask for a direct intuitive experience about it soon.

Let it go.

Invest in your sixth sense. Imagine that your eyes, ears, hands, skin, emotions, and intellect could stretch out into the invisible world and captures sensations, information, inspiration, knowledge, and wisdom like a cable or a cell phone captures invisible waves of sounds and images.

Let yourself 'walk' through your day sensitive to other dimensions.

Get a piece of paper and a pen or pencil.

Ask yourself, "What does my life need right now?" three times in a row, pausing between each question.

Imagine you are going toward a more meaningful answer each time you ask.

When you've finished with the 3rd question, pick up your pen and draw one symbol on your paper.

Interpret this symbol. What does it suggest you add, subtract, or enjoy from your life?

Ask yourself: If I knew I would receive help from my intuition, what is it I am most concerned about or most interested in growing now-relationship skills, rewarding career, personal evolution, financial stability, etc. Formulate a question and ask it internally as often as you can.

Your emotional overwhelm plan

Where in your day might emotional overwhelm show up? i.e., work meeting, family dinner, airport

Write out your plan to nurture and protect yourself. i.e., meditation, visualizations, crystals, limiting time, taking breaks,

List 5 things you'll do today to assist in letting go of absorbed energy. i.e., exercise, meditate, talking to others

List and commit to doing 1 thing today just for fun. It must make you smile, laugh, preferably feel carefree.

Express your Spirit

Many Empaths feel misunderstood and rely on others for understanding. Feeling misunderstood, weigh on Sensitives. In the space below, embrace writing as your outlet. Use this space to voice your deepest feelings, concerns, fears, and dreams. No judgment, Freeflow. No editing. (flip over to write more)

