

# *protect your energy* JOURNAL FOR EMPATHS

This journal is designed for empaths to enhance their energy protection practices and self-care. It's customizable to suit individual needs, promoting personal growth each day.



*realized empath*

Today's date \_\_\_\_\_

**Morning Reflection:** Begin your day with a moment of gratitude and self-awareness. Take a few deep breaths and ground yourself in the present moment. As an empath, setting a positive intention for the day ahead is essential. Reflect on the following questions:

1. How am I feeling today, both physically and emotionally?
2. What are three things I'm grateful for in my life right now?
3. What emotions or energies do I anticipate encountering today?

realized empath

Today's date \_\_\_\_\_

**Daily Affirmations:** Write down a few affirmations that resonate with you. Affirmations can help shift your mindset and reinforce your intention to protect your energy:

1. I am in control of my energy and emotions.
2. I am allowed to prioritize my well-being.
3. I attract positive and uplifting energies.
4. I release energies that do not serve my highest good.

*realized empath*

Today's date \_\_\_\_\_

**Energy Shielding Technique:** Before stepping out into the world, visualize a protective shield around you. Envision this shield as a barrier that allows positive energy to flow while repelling negativity. You might imagine it as a shimmering bubble, a cloak of light, or any other image that resonates with you.

Midday



**Midday Check-In:** Take a few minutes to pause and check in with yourself. Are you feeling drained? Are there any specific situations or people that have affected your energy? Write down your observations without judgment.

Midday

**Setting Boundaries:** Empaths often struggle with boundaries. Today, make a conscious effort to set boundaries that protect your energy. This could involve politely declining an invitation that doesn't resonate with you, speaking up if someone is energetically draining, or taking short breaks when needed.

Midday

**Energetic Cleansing:** Perform a quick energy cleansing exercise during the day. Close your eyes, take a few deep breaths, and visualize any negative or heavy energy leaving your body as you exhale. You might imagine it as dark smoke dissipating into the air or as roots extending from you into the earth, carrying away the unwanted energy.

End of day \_\_\_\_\_

**Reflecting on the Day:** As your day ends, reflect on how well you protected your energy. Acknowledge any challenges you face and celebrate your successes. This is an opportunity for self-growth and learning.



End of day \_\_\_\_\_

**Releasing Negativity:** Write down any lingering negative emotions or energies you encountered during the day. This could be a brief encounter, a stressful situation, or even a personal challenge. After writing them down, visualize releasing these energies. Imagine them dissipating, leaving you feeling lighter and more at ease.

End of day \_\_\_\_\_

**Self-Care Ritual:** Engage in a self-care activity that helps recharge your energy. This could be taking a soothing bath, practicing meditation, reading a book, or spending time in nature. The goal is to engage in an activity that brings you joy and allows you to reconnect with your inner self.

End of day \_\_\_\_\_

**Gratitude Practice:** Before you sleep, reflect on three things that went well today. These can be moments when you successfully protected your energy, moments of joy, or simply small victories. Practicing gratitude can shift your focus towards positivity and cultivate a sense of contentment.

TAKE  
TIME for  
your  
SELF

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