

# **Opening Your Heart Journal Guide**

## *Coming Home to Yourself*

### *Meeting Your Shadow: Honoring Your Inner Wisdom*

*We often suppress the emotions and truths that feel uncomfortable—grief, anger, fear, or even our deepest desires. Yet, these hidden parts hold wisdom. They are not your enemy; they are your wholeness calling you home.*

- What emotions have you pushed aside or numbed?*
- What part of yourself have you been avoiding?*
- If you listened to this part without judgment, what might it be asking for?*
- How might embracing this 'shadow' lead you toward a fuller, more authentic version of yourself?*

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# Opening Your Heart Journal Guide

## Coming Home to Yourself

This reflection invites you to *reconnect with the source of your strength and joy—yourself.*

True love and happiness grow from within.  
You are already *whole and worthy of all good things.*

## Recognizing Your Authentic Self

*When did you feel most alive and authentic?  
Recall a moment of being truly yourself, whether in a morning ritual, doing what you love, or speaking your truth in a meaningful conversation.*

**Notice:**

- *What were you doing?*
- *How did your body feel?*
- *What made this moment stand out from others?*

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