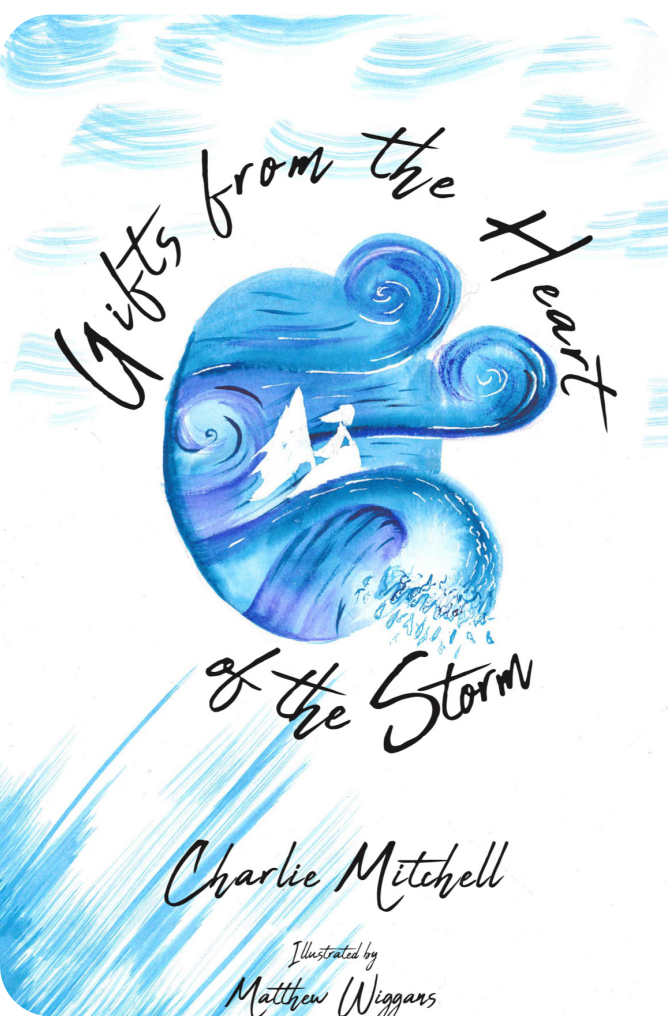


THE  
GIFTS  
JOURNAL



CREATED BY

*Charlie Mitchell*



# CONTENTS

- Welcome
- Journal instructions
- Example Pages
- Reflect on your Journey
- Recommended Resources
- Author Biography



# *Welcome!*

Thank you for being here! Deciding to take our own healing journey seriously can be one of the most liberating things we can do!

That doesn't mean it is easy, and yet some of the most valuable things in life take a little time, unfold when they are ready and are easier when we make space for them.

I look forward to walking this path with you. Remember the Facebook support group is always open if you'd like to share where you are at and get a different perspective.

[www.facebook.com/groups/starseedparenting](https://www.facebook.com/groups/starseedparenting)

Warmest wishes!

*Charlie*



## INSTRUCTIONS

# *How to use this journal*

This works best when you can do a little every day. Print this out and have it to hand, as there are helpful reminders that will support you as you go.

Make a little space each week to review how your week has been and notice what has come up that is different from last week, and what you would like the focus to be next week.

And keep us up to date in the Facebook group with your progress however things unfold for you!

[www.facebook.com/groups/starseedparenting](https://www.facebook.com/groups/starseedparenting)



# HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journaling pages every single day!



THE  
GIFTS  
JOURNAL



# Day 1

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

---

---

How do you want to feel today?

---

---

What is your focus for today?

---

---

## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---

---

How did you feel today?

---

---

What was your focus for today?

---

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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THE GIFTS JOURNAL

*Healing can happen  
in an instant*

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# Day 2

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

---



---

What is your focus for today?

---



---

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER



AFFIRMATION



# Day 3

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

---



---

What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

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---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION



# Day 4

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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---

What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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---

## AFFIRMATION

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# Day 5

Date:

S/M/T/W/T/F/S

- Time for me
- Nourishing Foods
- Moved My Body
- Connected with myself
- Went outside
- Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

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## AFFIRMATION

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# Day 6

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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---

What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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---

How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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# Day 7

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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---

What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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---

How did you feel today?

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What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION



# Day 8

Date:

S/M/T/W/T/F/S

- Time for me
- Nourishing Foods
- Moved My Body
- Connected with myself
- Went outside
- Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

---

AFFIRMATION

---



# Day 9

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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# Day 10

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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What was your focus for today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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THE GIFTS JOURNAL

*Everything heals*

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# Day 11

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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---

What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---

---

How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

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## AFFIRMATION

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# Day 12

Date:

S/M/T/W/T/F/S

 Time for me

 Nourishing Foods

 Moved My Body

 Connected with myself

 Went outside

 Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

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---

What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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# Day 13

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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What was your focus for today?

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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

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## AFFIRMATION

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# Day 14

Date:

S/M/T/W/T/F/S



Time for me



Nourishing Foods



Moved My Body



Connected with myself



Went outside



Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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What was your focus for today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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# Day 15

Date:

S/M/T/W/T/F/S

 Time for me

 Nourishing Foods

 Moved My Body

 Connected with myself

 Went outside

 Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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---

## AFFIRMATION







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# Day 16

Date:  
S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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---

How did you feel today?

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---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER



AFFIRMATION



# Day 17

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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---

How did you feel today?

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---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION











# Day 18

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

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What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

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---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.*
- 2.*
- 3.*

REMEMBER

AFFIRMATION



# Day 19

Date:

S/M/T/W/T/F/S

- Time for me
- Nourishing Foods
- Moved My Body
- Connected with myself
- Went outside
- Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

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What is your focus for today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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---

What was your focus for today?

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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

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---

## AFFIRMATION

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# Day 20

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

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---

What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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---

How did you feel today?

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---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.*
- 2.*
- 3.*

REMEMBER

AFFIRMATION



# Day 21

Date:

S/M/T/W/T/F/S

- Time for me
- Nourishing Foods
- Moved My Body
- Connected with myself
- Went outside
- Expressed Gratitude

MORNING INTENTIONS
Morning Thoughts Feelings & Intuitions
_____
_____
How do you want to feel today?
_____
_____
What is your focus for today?
_____
_____

EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions
_____
_____
How did you feel today?
_____
_____
What was your focus for today?
_____
_____

GRATITUDE JOURNAL
1.
2.
3.

REMEMBER

AFFIRMATION





# Day 22

Date:

S/M/T/W/T/F/S

- Time for me
- Nourishing Foods
- Moved My Body
- Connected with myself
- Went outside
- Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

---



---

What is your focus for today?

---



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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

---



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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

---



---

## AFFIRMATION

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---



# Day 23

Date:

S/M/T/W/T/F/S

 Time for me

 Nourishing Foods

 Moved My Body

 Connected with myself

 Went outside

 Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

---

---

How do you want to feel today?

---

---

What is your focus for today?

---

---

## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---

---

How did you feel today?

---

---

What was your focus for today?

---

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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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---

## AFFIRMATION

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# Day 24

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

---



---

What is your focus for today?

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---

## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

---



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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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---

## AFFIRMATION

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# Day 25

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

---



---

How do you want to feel today?

---



---

What is your focus for today?

---



---

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

---



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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION











# Day 26

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

---



---

What is your focus for today?

---



---

## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

---



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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

---



---

## AFFIRMATION

---




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# Day 27

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

---



---

How do you want to feel today?

---



---

What is your focus for today?

---



---

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER







AFFIRMATION



# Day 28

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

---



---

What is your focus for today?

---



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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

---



---

## AFFIRMATION

---





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# Day 29

Date:

S/M/T/W/T/F/S

-  Time for me
-  Nourishing Foods
-  Moved My Body
-  Connected with myself
-  Went outside
-  Expressed Gratitude

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

---



---

How do you want to feel today?

---



---

What is your focus for today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

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---

What was your focus for today?

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION





# Day 30

Date:

S/M/T/W/T/F/S

 Time for me

 Nourishing Foods

 Moved My Body

 Connected with myself

 Went outside

 Expressed Gratitude

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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---

How do you want to feel today?

---



---

What is your focus for today?

---



---

## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

---



---

How did you feel today?

---



---

What was your focus for today?

---



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## GRATITUDE JOURNAL

1.

2.

3.

## REMEMBER

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## AFFIRMATION

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# FINAL REFLECTIONS



Thank you for being here on this incredible journey with me. I hope you have found some inspiration along the way.

So many possibilities open up to us when we are able to connect with our own healing.

This is the most precious gift we can give our children.

"Healing takes courage, and we all have courage, even if we have to dig a little to find it."

Tori Amos

*Charlie*



## FINAL REFLECTIONS

**Complete this after you finish your journal.** Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

### MY EXPERIENCE

# *Helpful Resources*

01

## **Starseed Parenting Website**

Get the full updated list of free resources from:  
[www.starseedparenting.org](http://www.starseedparenting.org)

02

## **Morning pages by Julia Cameron**

Learn more about a different approach to  
journaling here: [Morning Pages | Julia Cameron Live](#)

03

## **FreeMind App**

The FreeMind App has a range of different healing  
mediations to support your healing journey

04

## **Facebook Support Group**

Make sure you access the Facebook support group  
regularly, connecting with others on this journey  
[www.facebook.com/groups/starseedparenting](http://www.facebook.com/groups/starseedparenting)



## MEET CHARLIE

Charlie Mitchell  
Starseed Parenting  
Email:  
[charlie@starseedparenting.org](mailto:charlie@starseedparenting.org)

Learn more at  
[www.starseedparenting.org](http://www.starseedparenting.org)

Charlie has 3 amazing children who experience the world differently. One has Down Syndrome and Leukaemia, one has autism and anorexia and the third gets caught up in the storm himself at times.

Charlie loves turning her experiences into opportunities to support other parents through writing, developing courses and intensive one to one support.

MAZA DOHTA

*"Healing is an art.  
It takes time,  
it takes practice.  
It takes love."*

JOIN OUR

# *Exclusive Membership*

---



This is a unique opportunity to take your healing further within a supportive group of parents who want to explore their healing together. Your journey starts here!

FOR MORE INFORMATION AND TO  
BOOK VISIT:  
[WWW.STARSEEDPARENTING.ORG/  
SERVICES](http://WWW.STARSEEDPARENTING.ORG/SERVICES)