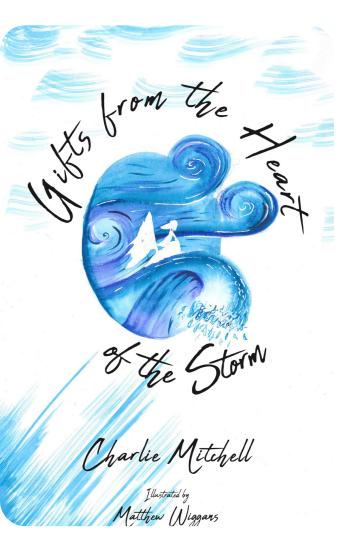
# GIFTS



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

Charlie

Warmest wishes!



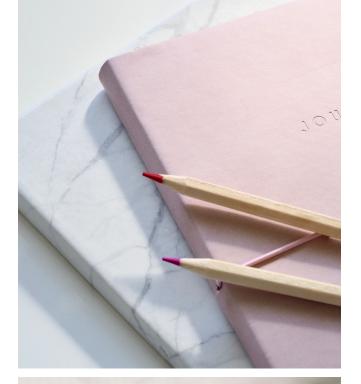
# How to use this journal

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.

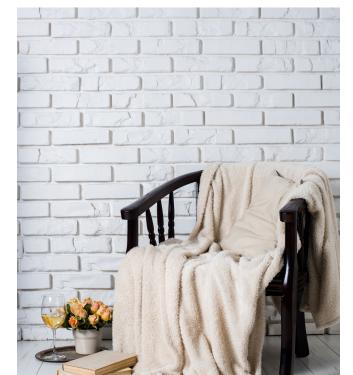
Make a little space each week to review how your week has been and notice what has come up that is different from last week, and what you would like the focus to be next week.

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

www.facebook.com/groups/starseedparenting







#### HOW IT WORKS

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



THE

### GIFTS

JOURNAL



Time for me

Connected with myself Went outside

Date:

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

Moved My Body

Expressed Gratitude

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER
1.	
2.	AFFIRMATION
3.	

Nourishing Foods

## Healing can happen in an instant

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	EVENING REFLECTIONS
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How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?

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#### We are built to heal

Date:

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

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER
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2.	AFFIRMATION
3.	

# Healing is a natural part of living

Date:

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

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
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What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER
1.	
2.	AFFIRMATION
3.	

#### $I\ am\ open\ to\ healing$

Date:

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

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER
1.	
2.	AFFIRMATION
3.	

#### $I\ create\ space\ for\ healing$

Date:

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

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER

GRATITUDE JOURNAL	REMEMBER
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2.	AFFIRMATION
3.	

#### I am healing

Date:

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

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?

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#### Healing is always happening

Time for me

Connected with myself Went outside

Date:

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Moved My Body

Expressed Gratitude

MORNING INTENTIONS	EVENING REFLECTIONS
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How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER
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	AFFIRMATION
3.	

Nourishing Foods

#### I notice what is healing

Time for me

3.

Connected with myself Went outside

Date:

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

Moved My Body

Expressed Gratitude

MORNING INTENTIONS	EVENING REFLECTIONS		
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions		
How do you want to feel today?	How did you feel today?		
What is your focus for today?	What was your focus for today?		
GRATITUDE JOURNAL	REMEMBER		
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Nourishing Foods

#### I am learning to heal myself

Date:

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

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REMEMBER

#### Everything heals

Date:

Time for me	Nourishing Foods	Moved My Body
Connected with myself	Went outside	Expressed Gratitude
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MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER
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2.	AFFIRMATION
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# I call on the support of others to help me heal

Date:

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

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

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Evening Thoughts Feelings & Intuitions	
How did you feel today?	
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AFFIRMATION

#### $This\ moment\ is\ magical$

Date:

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

	Time for me
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Evening Thoughts Feelings & Intuitions
How did you feel today?
What was your focus for today?

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AFFIRMATION

# I am open to being surprised by healing

Date:

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

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

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How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?

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AFFIRMATION

REMEMBER

# I let go of things that don't support my healing

Date:

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

MORNING INTENTIONS	EVENING REFLECTIONS
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GRATITUDE JOURNAL	REMEMBER
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3.	

#### $If ind \ magic \ and \ joy \ as \ I \ heal$

Date:

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

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

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What was your focus for today?

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AFFIRMATION

REMEMBER

## My intentions are healing

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	EVENING REFLECTIONS
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GRATITUDE JOURNAL	REMEMBER
1.	
2.	AFFIRMATION
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## $I\ have\ everything\ I\ need\ to\ heal$

Date:

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Expressed Gratitude

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What is your focus for today?

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What was your focus for today?

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REMEMBER

# I have already healed 1000s of things

Date:

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Connected with myself	Went outside

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Moved My Body
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REMEMBER
AFFIRMATION

# The best gift I can give my children is healing myself

Date:

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

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Expressed Gratitude

MORNING INTENTIONS	EVENING REFLECTIONS
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How do you want to feel today?	How did you feel today?
What is your focus for today?	What was your focus for today?
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# The best gift I can give the world is healing myself

Date:

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

Time for me	

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Expressed Gratitude

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What was your focus for today?

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REMEMBER
AFFIRMATION

## I take a little time to focus on healing every day

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

Time for me	Nourishing Foo
Connected with myself	Went outside

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REM	EMBER
AFFIR	RMATION

## I embrace my experiences

Date:

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

Time for me	Nourishing Foods	Moved My Body
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What is your focus for today?	What was your focus for today?
GRATITUDE JOURNAL	REMEMBER

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AFFIRMATION
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# I send love to my difficult experiences

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What was your focus for today?

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REMEMBER
AFFIRMATION

## Healing is my journey home to myself

Date:

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What is your focus for today?

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How did you feel today?
What was your focus for today?

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## I am showing my children how healing is possible

Date:

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

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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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AFFIRMATION

REMEMBER

# I pass healing possibilities on to my children

Date:

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Connected with myself	Went outside

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REMENDER
AFFIRMATION

# I shine the light of unconditional love on my darker experiences

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	EVENING REFLECTIONS
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How do you want to feel today?	How did you feel today?
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## Where my energy flows, my healing grows

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

Time for me	
Connected with	<u></u>

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Moved My Body
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Connected with myself	Went outside	9

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What was your focus for today?	

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AFFIRMATION

REMEMBER

# Healing connects me with myself and those around me

Date:

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

Time for me	Nourishing Foods	Moved My Body
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GRATITUDE JOURNAL	REMEMBER
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2.	AFFIRMATION
3.	

# My healing connects me with my power

## 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



**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.

М	Y EXPERIENCE

## Helpful Resources



### **Starseed Parenting Website**

Get the full updated list of free resources from: www.starseedparenting.org



#### Morning pages by Julia Cameron

Learn more about a different approach to journalling here: Morning Pages | Julia Cameron Live



#### FreeMind App

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



#### **Facebook Support Group**

Make sure you access the Facebook support group regularly, connecting with others on this journey www.facebook.com/groups/starseedparenting



Charlie Mitchell Starseed Parenting Email: charlie@starseedparenting.org

Learn more at 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.

"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