

*Were you allowed a  
SELF-Centered  
childhood?*

JOURNALING  
SISTERS

WITH SHIUAN BUTLER

# Your 7 Day ~

## 10 Minute Journaling Prompts:

### **Day 1 - JOURNAL:**

Were you allowed to have your feelings when you were young? Cry, yell, demand things? Did your parents cater to your every need? Did you feel invisible or treated like you should be? Talk a bit about how it was being the little [your name here].

### **Day 2 - JOURNAL:**

Now that you've 'grown up' what would you tell Little [your name here], if you could go back and be with her?

### **Day 3 - ARTS/CRAFTS:**

Let's jump to the present! Or as Pooh says, "Ahh, TODAY. My favorite day."

Let's think about you being at the CENTER of your life. What might that look like? Feel free to get out a large piece of paper and draw a circle in the middle and lines going out to different areas of your life. Or simply write/draw in your journal. What does it mean to be at the CENTER of YOUR LIFE?



### **Day 4 - REST DAY**

Great work! Go for a walk, grab a cuppa tea and curl up with your book at home or in a cafe. ENJOY TODAY and your amazing SELF!

### **Day 5 - JOURNAL:**

What is one thing you would likely immediately stop doing if you were at the Center of your life? Or 3 things. Write for 10 min and see what comes out.

### **Day 6 - REST DAY:**

You can have this as a Rest Day or share with a friend! Who is someone you'd love to share this month-long journey on delving into your SELF with? Reach out to them, let them know what you're doing, share this blog post and share a couple stories over tea!

### **Day 7 - Congratulations!**

Treat yourself to something FUN (can be topic related or not) today! And if you feel up for it, also journal 3 things you appreciate about yourself this week. SO proud of you!

XO,



Shiuan Butler  
Creator, Journaling Sisters

