

Shifting from Sadness to Happiness

reflection & journaling ✨


Reflect on the past month and answer the following prompts by writing honestly and without judgement. DO NOT EDIT YOURSELF. We all have the tendency to do this on paper. But think about it this way: would you rather these thoughts and feelings be out on the paper or stuck in your energy field?

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How is sadness impacting your life?

When did you experience sadness in the last month?

What does sadness look like when it's happening to you?





When you're in a state of sadness, how do you react? (Do you cry, shut down, pretend everything is okay etc).

How does this make you feel on a physical and emotional and mental level?



How would moving past feelings of sadness change your life?

