



May 2021

trusting
surrender.

Journal Exercise:

Journaling is an INCREDIBLE tool to help you access your subconscious mind! The place inside of you that holds learned behaviour, memories, old habits, traumas etc. Cultivating a journaling practice that feels empowering to you will not only help you feel good in the moment you do your writing but it will significantly impact the way you experience your life! With more joy, love, and confidence!

This month's exercise will have you outline all the areas in your life you feel like you need to control. By understanding why we feel like we need control, we begin to uncover the fears behind our desire to control, and will have an easier time surrendering that control to a power of trust!

Create a table in your journal to answer the following question:

- What is something in my life that I feel I want to control?
- Why do I want to control this outcome or circumstance?
- Do I need this circumstance or outcome to be happy?
- If so, how can I release my grip of control, and turn to trust?

What do I want to CONTROL?	Why do I want to CONTROL this?	Do I need control to feel safe & happy	How can I release my grip of control and trust instead?
I like to control where my kids are at all times!	Because I feel as though they aren't safe unless I know exactly where they are at all times	Yes, I feel like if I didn't know where they were and something BAD were to happen I wouldn't know	I can say a prayer trusting that the good is taking place for them and let the universe/ God take the weight off my shoulders (Include prayer of release here)

You can always release your grip of control by turning to trust through prayer, or this months tapping exercise/meditation. You are so supported!