

Faith in Progress

**A SELF-ALIGNMENT JOURNAL FOR WHEN YOU DON'T
KNOW WHAT'S NEXT**

SHANNON LEE

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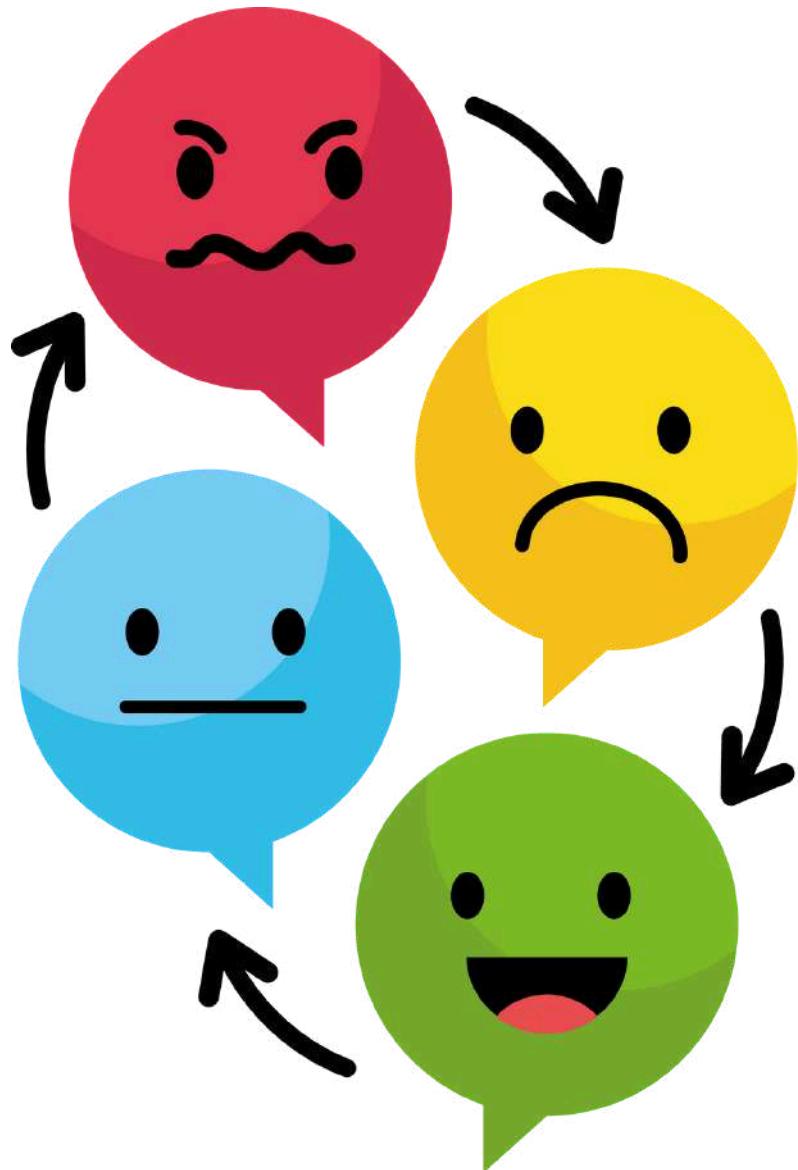
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EMOTIONALLY: LET YOURSELF FEEL WITHOUT FEAR

PURPOSE: TO HELP THE READER PROCESS WHAT'S BEEN BURIED OR AVOIDED.



WHAT EMOTION KEEPS SHOWING UP FOR ME LATELY?

HOW DO I USUALLY DEAL WITH THAT EMOTION? DO I RUN FROM IT, NUMB IT, OR LISTEN TO IT?



WHAT DO I NEED RIGHT NOW TO FEEL SAFE EXPRESSING HOW I TRULY FEEL?



WHAT'S SOMETHING I'VE BEEN HOLDING IN BECAUSE I
DIDN'T WANT TO SEEM WEAK?



HOW CAN I SHOW MYSELF COMPASSION THE NEXT TIME THAT EMOTION COMES UP?



WRITE A FORGIVENESS LETTER (TO YOURSELF OR SOMEONE ELSE) YOU NEVER PLAN TO SEND.

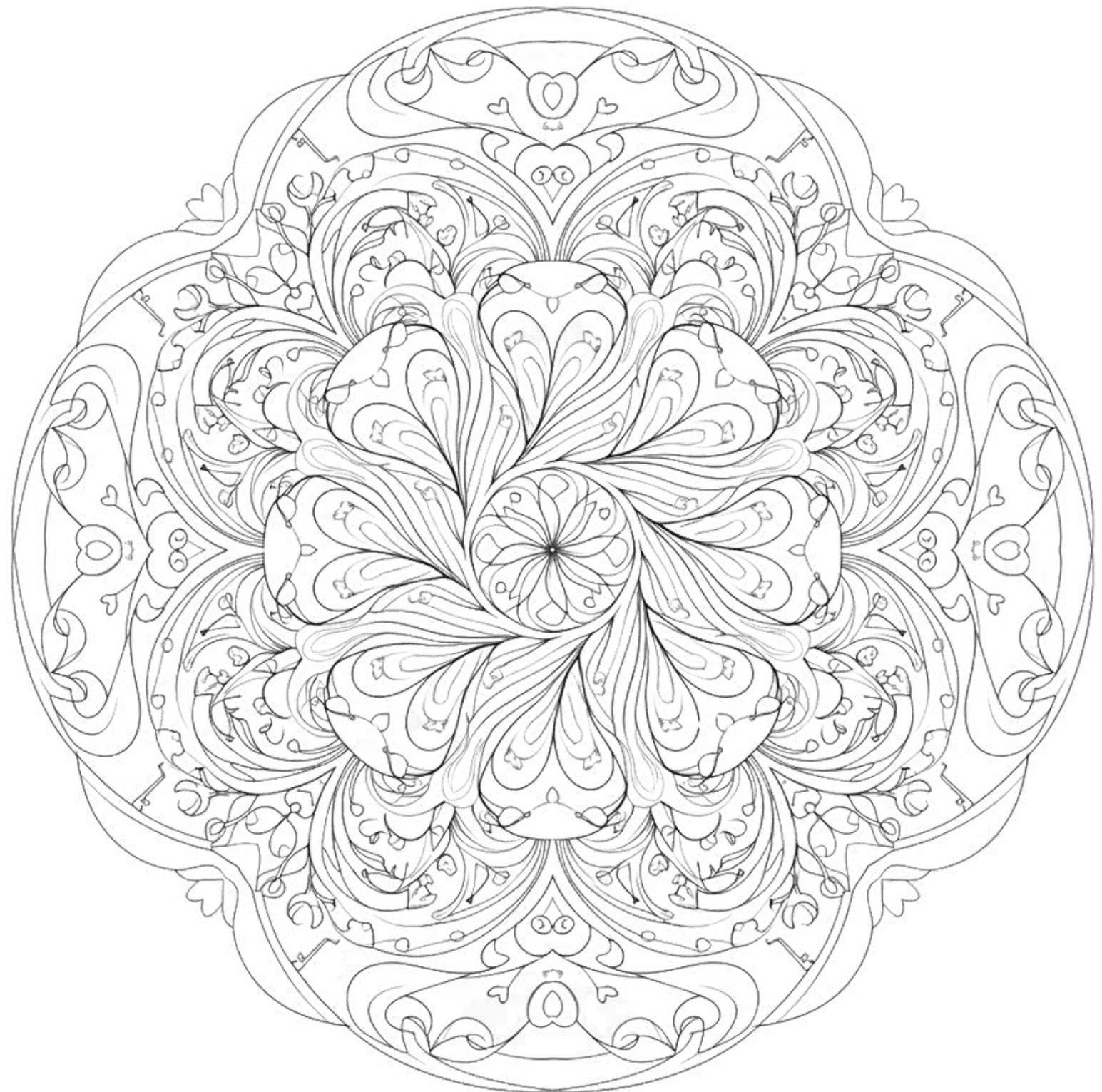


FILL IN THE BLANK:

EVEN WHEN I FEEL _____, I'M STILL WORTHY OF PEACE.







WHAT PART OF MY LIFE FEELS UNCERTAIN RIGHT NOW?



WHAT WOULD TRUSTING THE PROCESS LOOK LIKE IN THAT AREA?



WHEN HAVE I BEEN THROUGH SOMETHING UNCERTAIN
BEFORE AND ENDED UP OKAY?



WHAT SIGNS OR SYNCHRONICITIES REMIND ME I'M BEING GUIDED?



WHAT DAILY HABITS HELP ME STAY GROUNDED WHILE WAITING FOR CLARITY?



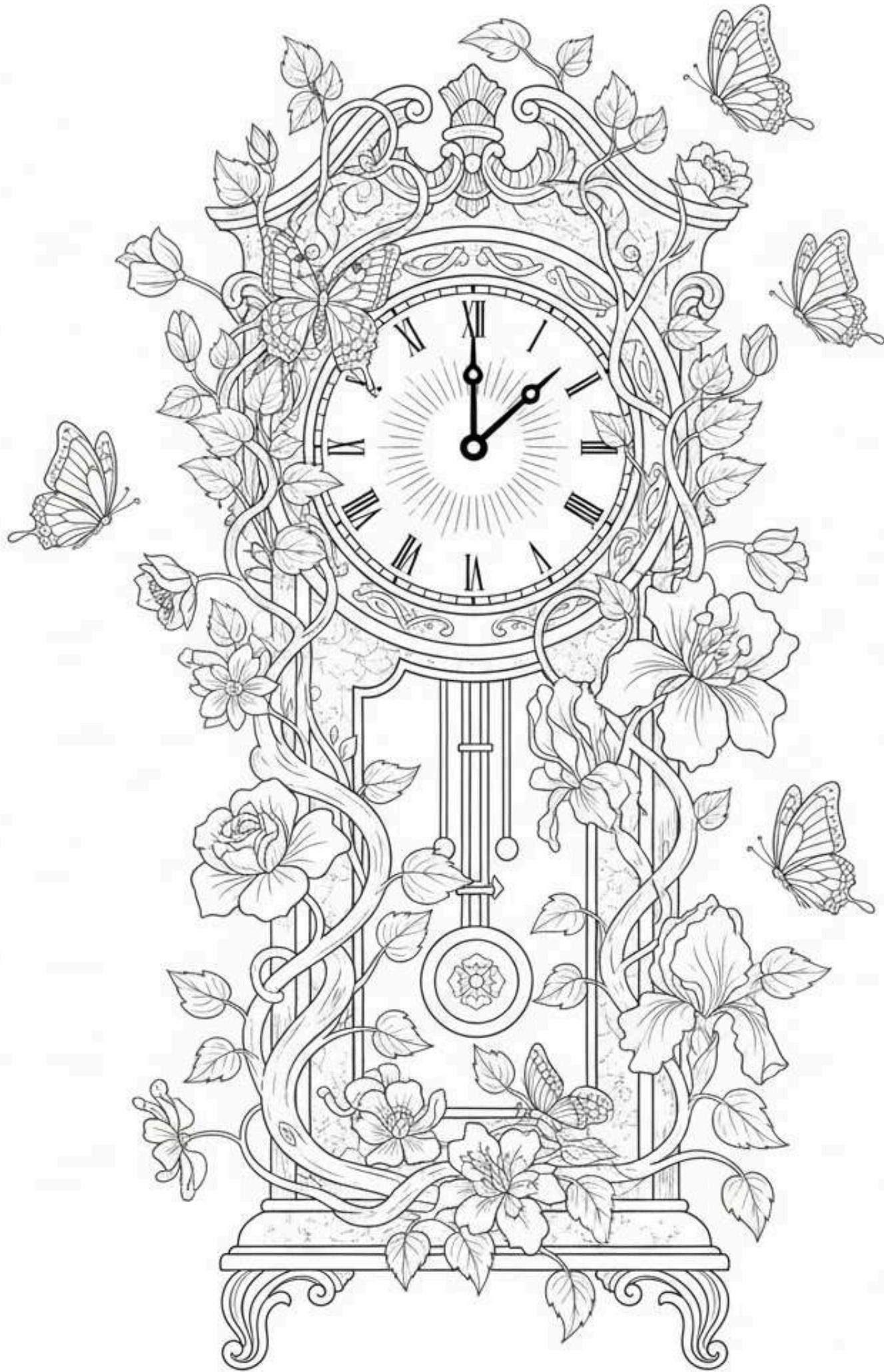
WRITE A MESSAGE FROM YOUR FUTURE SELF SAYING,
“HERE’S WHY THIS SEASON WAS NECESSARY.”

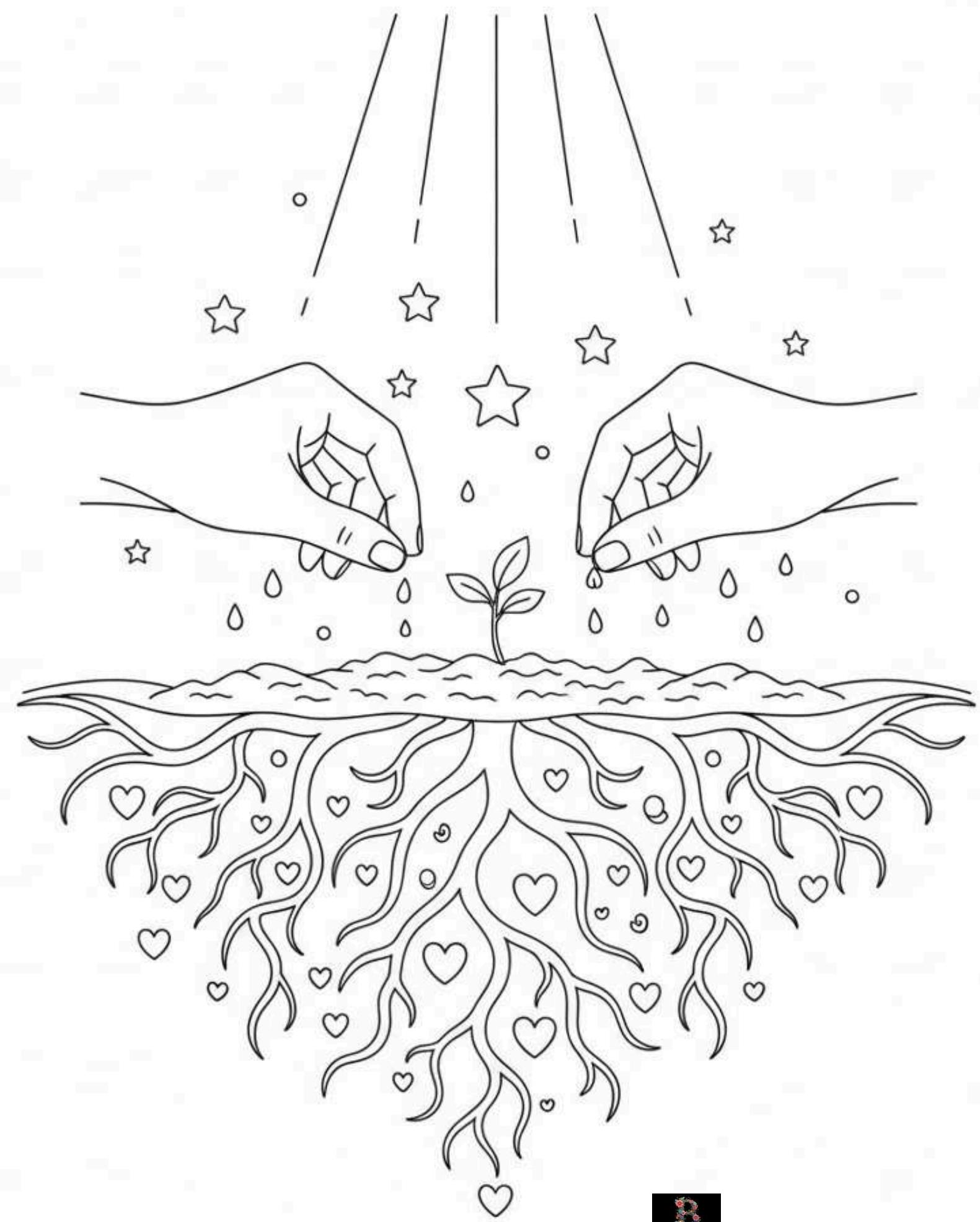


FILL IN THE BLANK:

EVEN THOUGH I DON'T KNOW HOW THIS ENDS, I CHOOSE TO TRUST







TO DO LIST

MONTH _____

DATE _____

TO DO

PRIORITIES

NOTES

REMINDER

TO DO LIST

MONTH _____

DATE _____

TO DO

PRIORITIES

NOTES

REMINDER

TO DO LIST

MONTH _____

DATE _____

TO DO

PRIORITIES

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