

Day 5 – Let Her Speak

Theme: Journaling with the Intuitive Voice

Today we invite your inner wise woman to speak — through words that flow, not words you plan.

Don't worry about grammar or beauty. This is about listening.

✨ Today's Practice

1. Set the Space

Light a candle, breathe deeply. Open your journal.

2. Write the Prompt:

“What do I need to know today?”

Set a timer for 5 minutes. Keep writing. Don't lift your pen.

3. After Writing:

Circle anything that surprised, comforted, or challenged you.

☁ Reflection Prompts

- Did the voice feel familiar or new?
- What part of me did the message come from?
- What will I carry forward from this?
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🌿 Optional Extras

- Try these prompts later in the week:
 - “What am I not seeing?”
 - “What part of me needs love today?”