

# DECODE YOUR DESTINY

GUIDED JOURNAL

THE SPIRITUAL FORMULA TO  
AWAKEN INTUITION, ATTRACT  
YOUR SOULMATE & UNLOCK  
PROSPERITY

WRITTEN BY  
CHERIE STOKES

## CHAPTER 1

# ★ YOUR SOUL'S BEEN SPEAKING IN MORSE CODE ★

Let's take this activation even deeper. These prompts aren't for surface answers, they're for soul truth. Let your pen move without editing. Let what's buried rise.

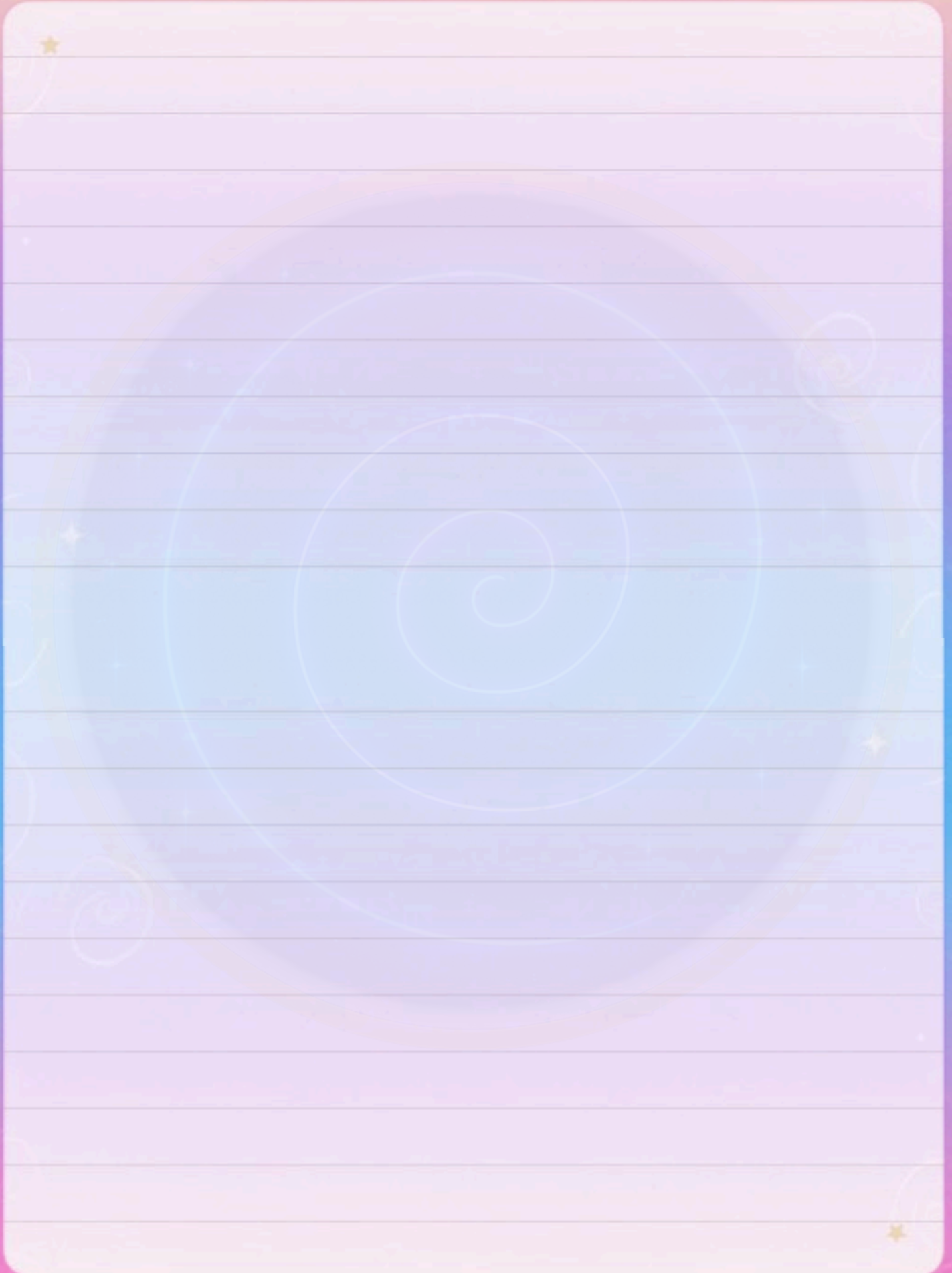
1. Where have I been waiting for signs instead of trusting my alignment?

A large, blank, lined writing area with a light blue to purple gradient background, intended for the user to write their response to the prompt. The lines are horizontal and evenly spaced. There are small star icons in the top left and bottom right corners of the writing area.

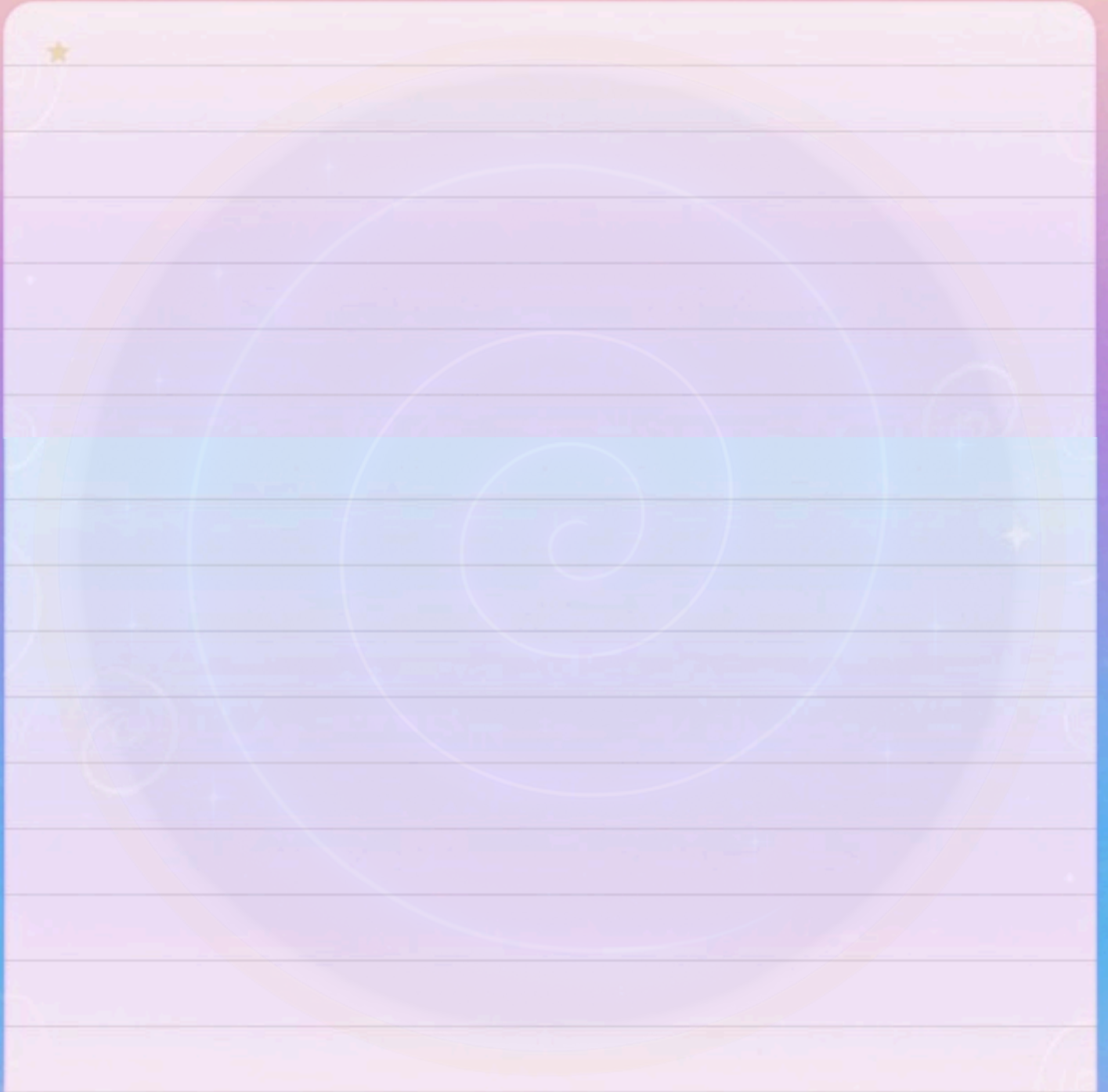




# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



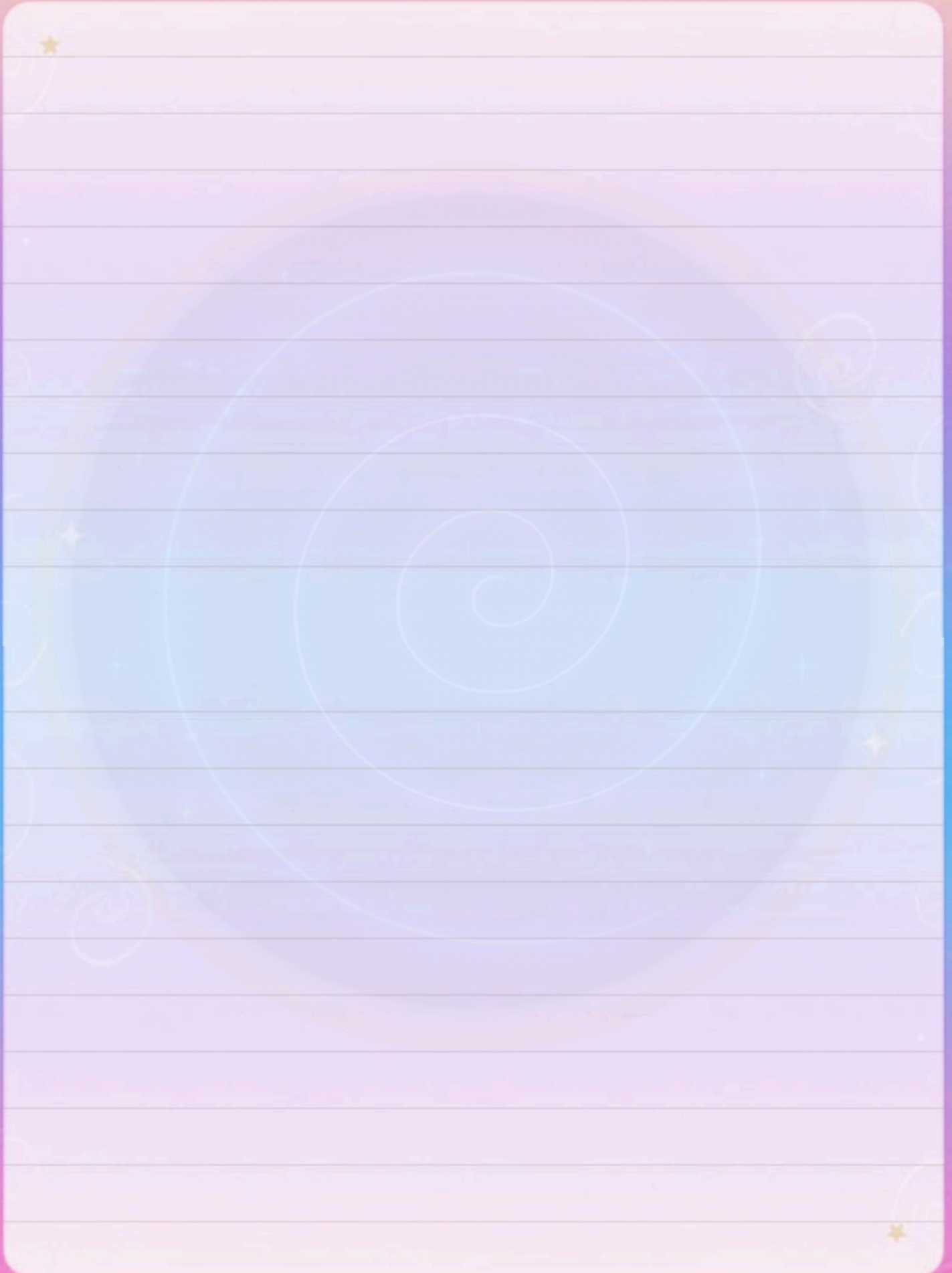
Spiraling Down



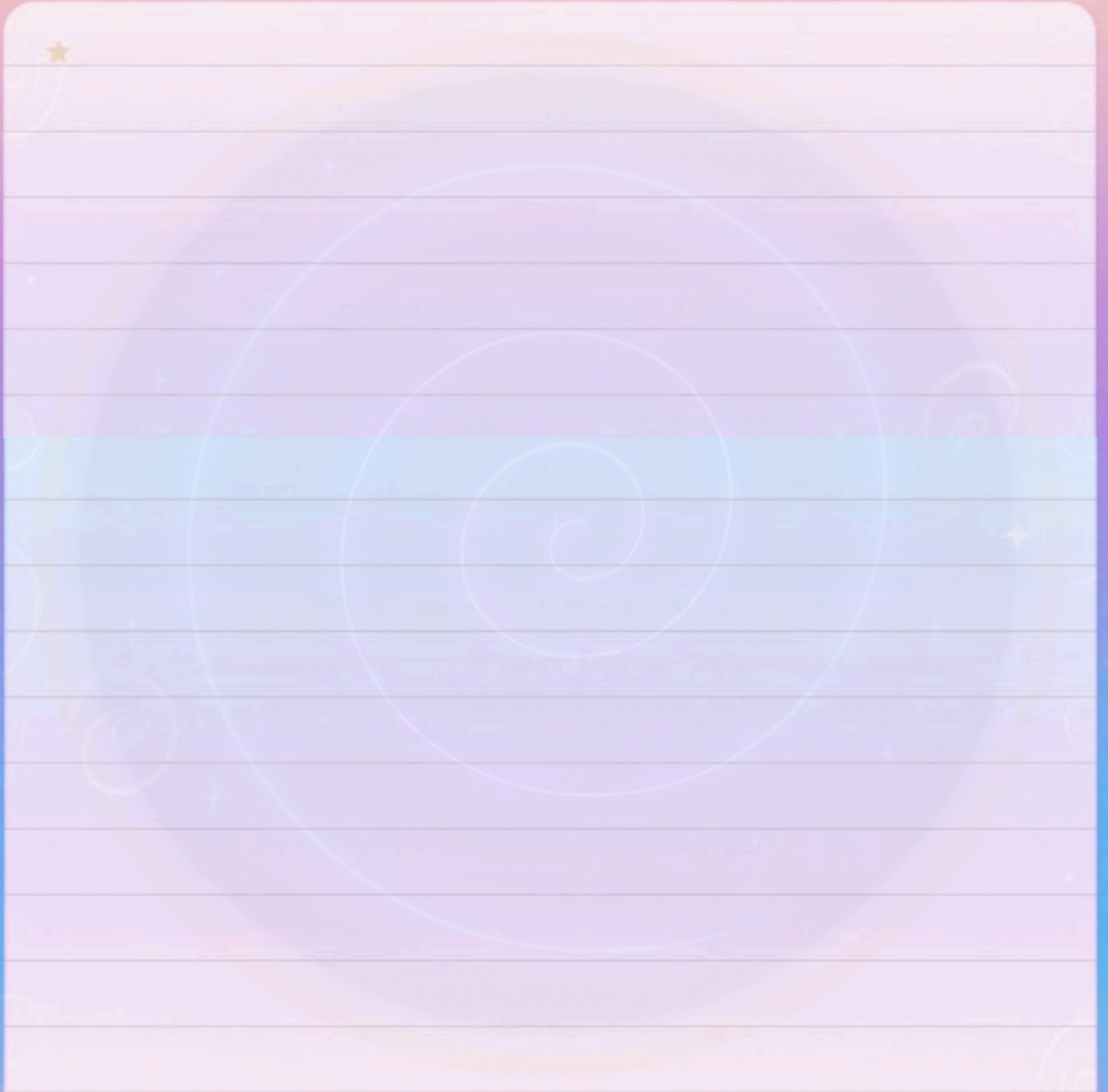




# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



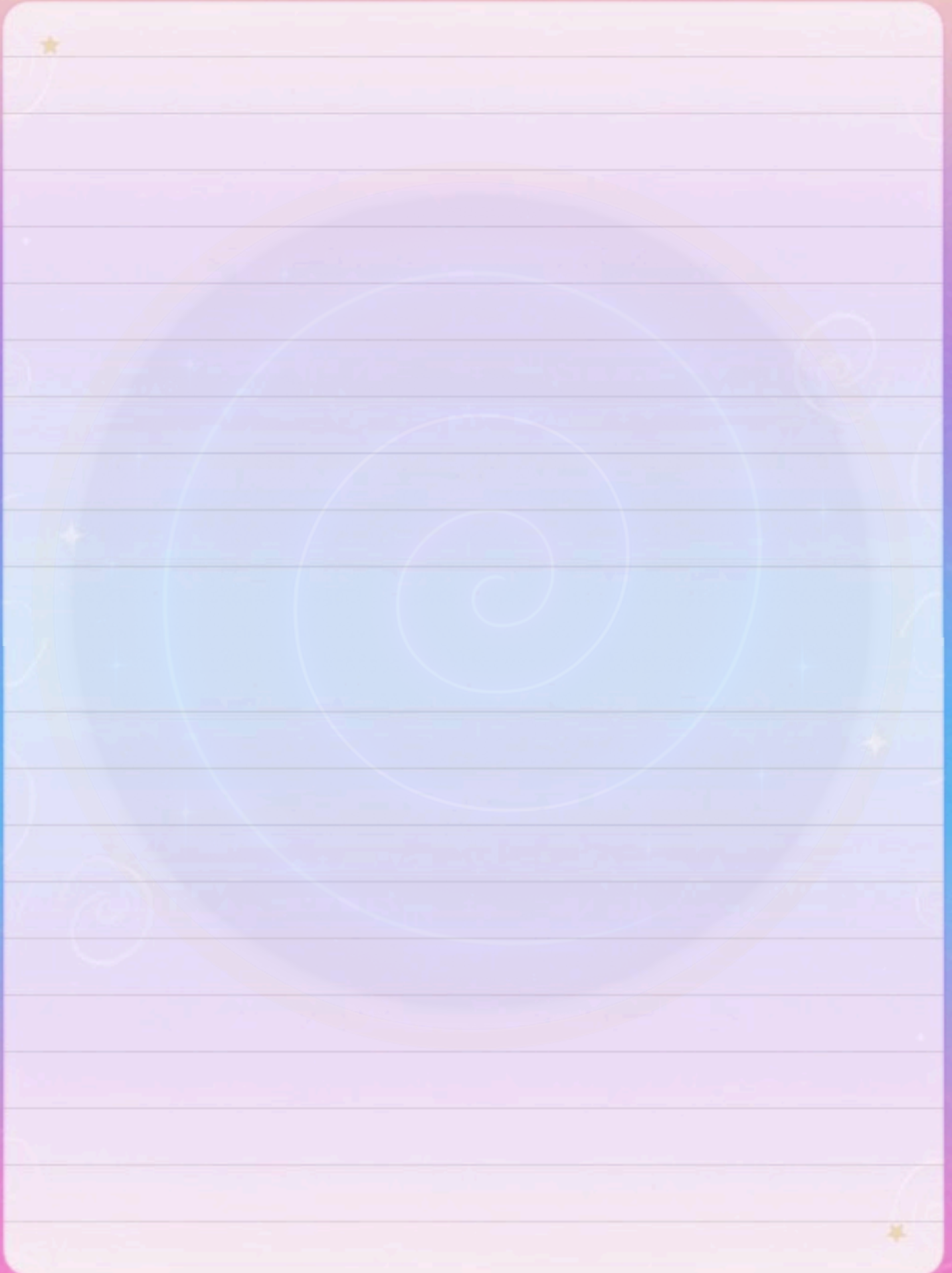
Spiraling Down







# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



Spiraling Down

## ✉ Bonus Activation

Write a love note from your future self... the one who's already magnetic AF. What does she want you to remember? What does she already know you're worthy of?

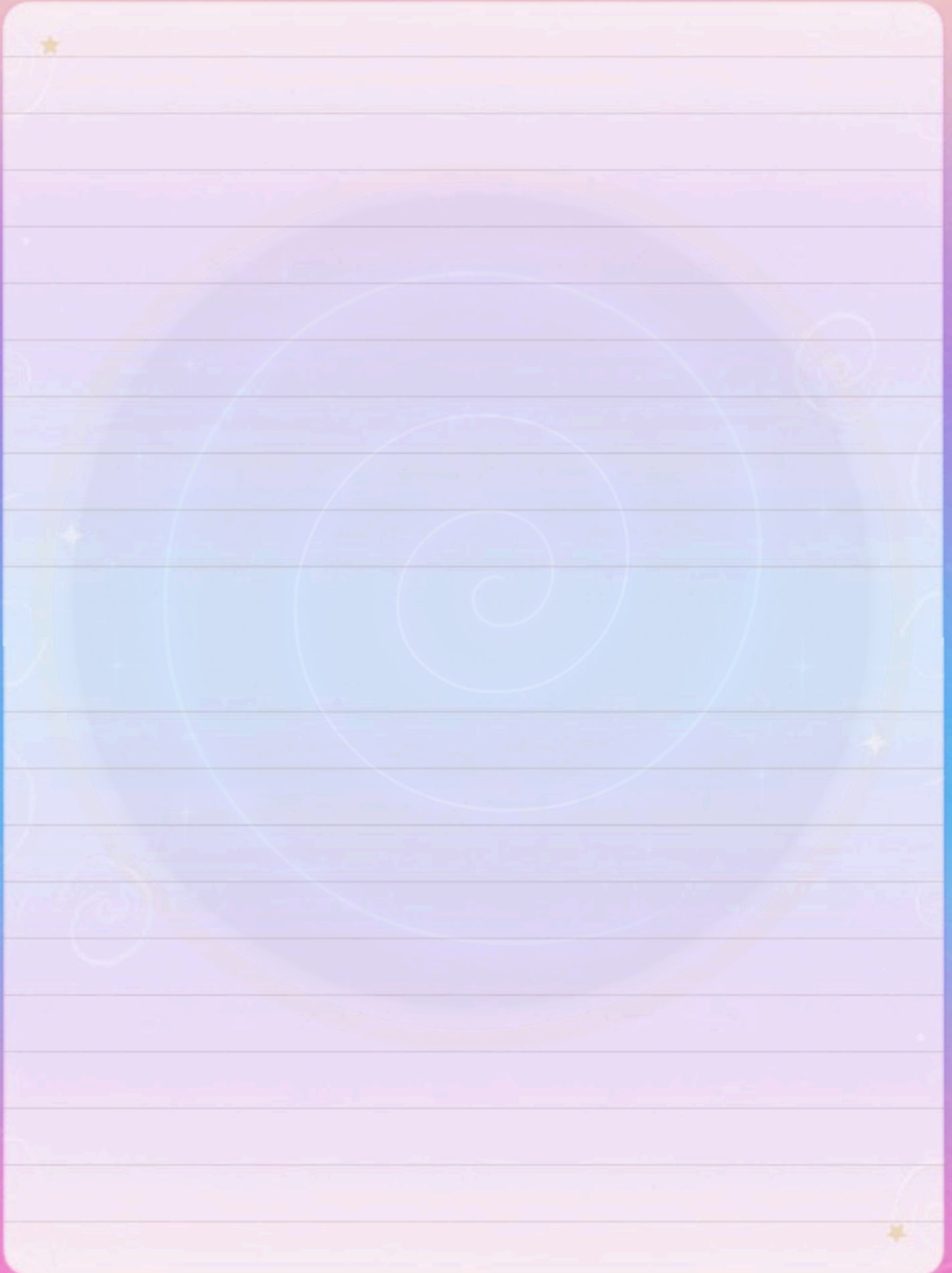
*Dear Future Self...*



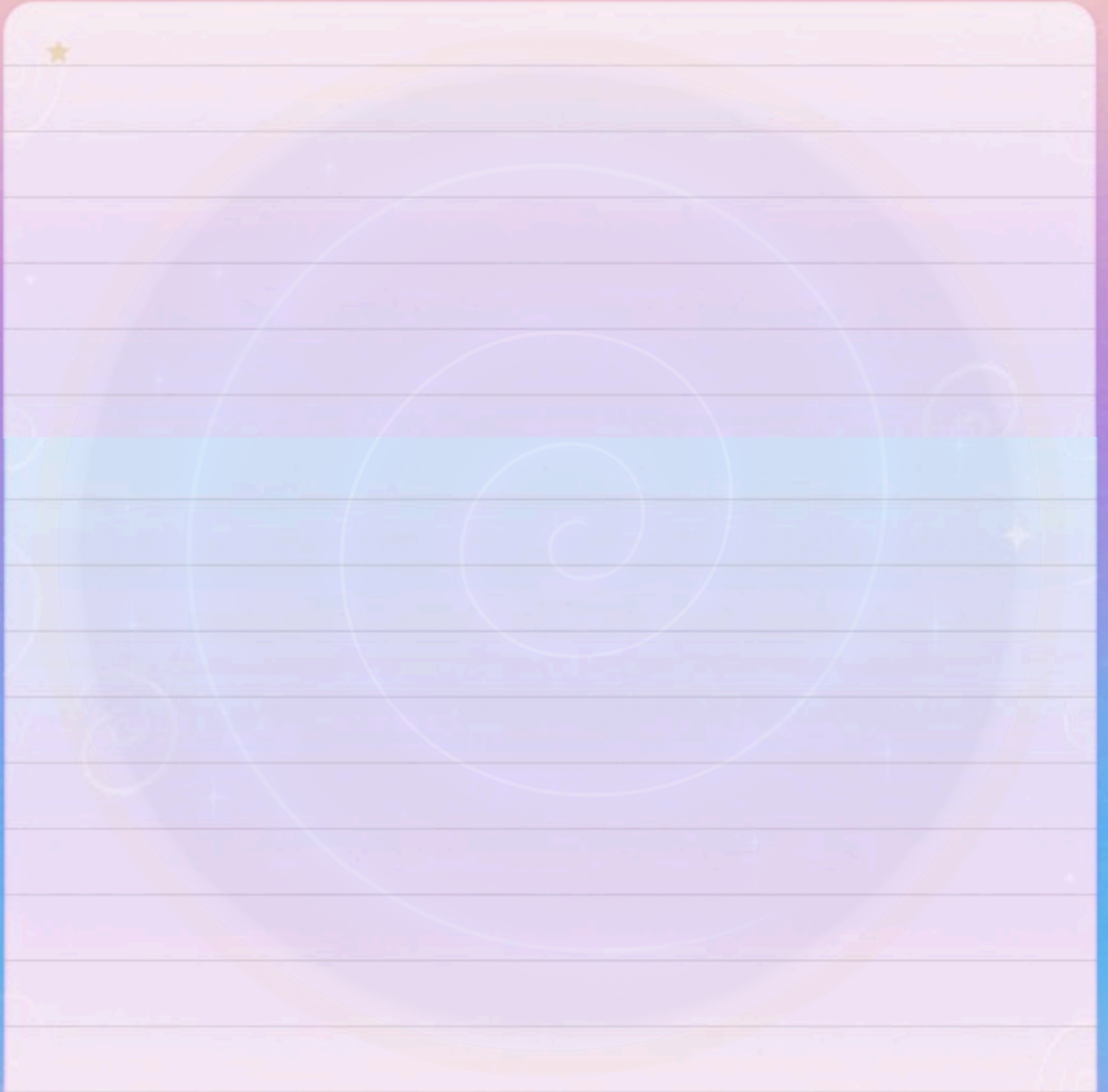




# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



Spiraling Down

## CHAPTER 5

# ★ NO MORE GHOSTS AT THE GATE ★

Your Boundaries, Your Frequency.  
Light a candle. Breathe.  
And take your time with these.  
Let them ripple.

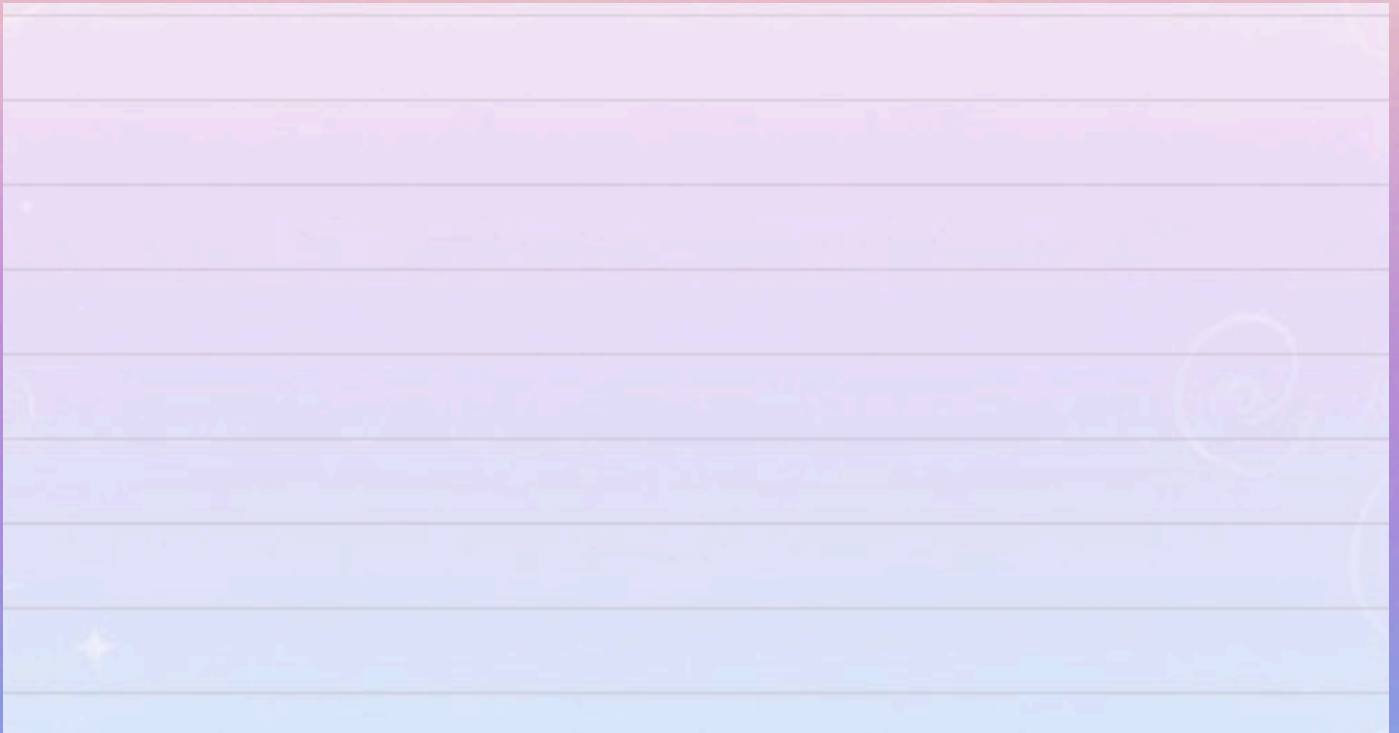
1. Where do I still say ‘yes’ when my soul means ‘no’? Be honest. Notice any recent examples; even tiny ones.

A large, blank, lined writing area with a light blue to pink gradient background, intended for the user to write their reflections. The lines are horizontal and evenly spaced. There are small star icons in the top left and bottom right corners of the writing area.

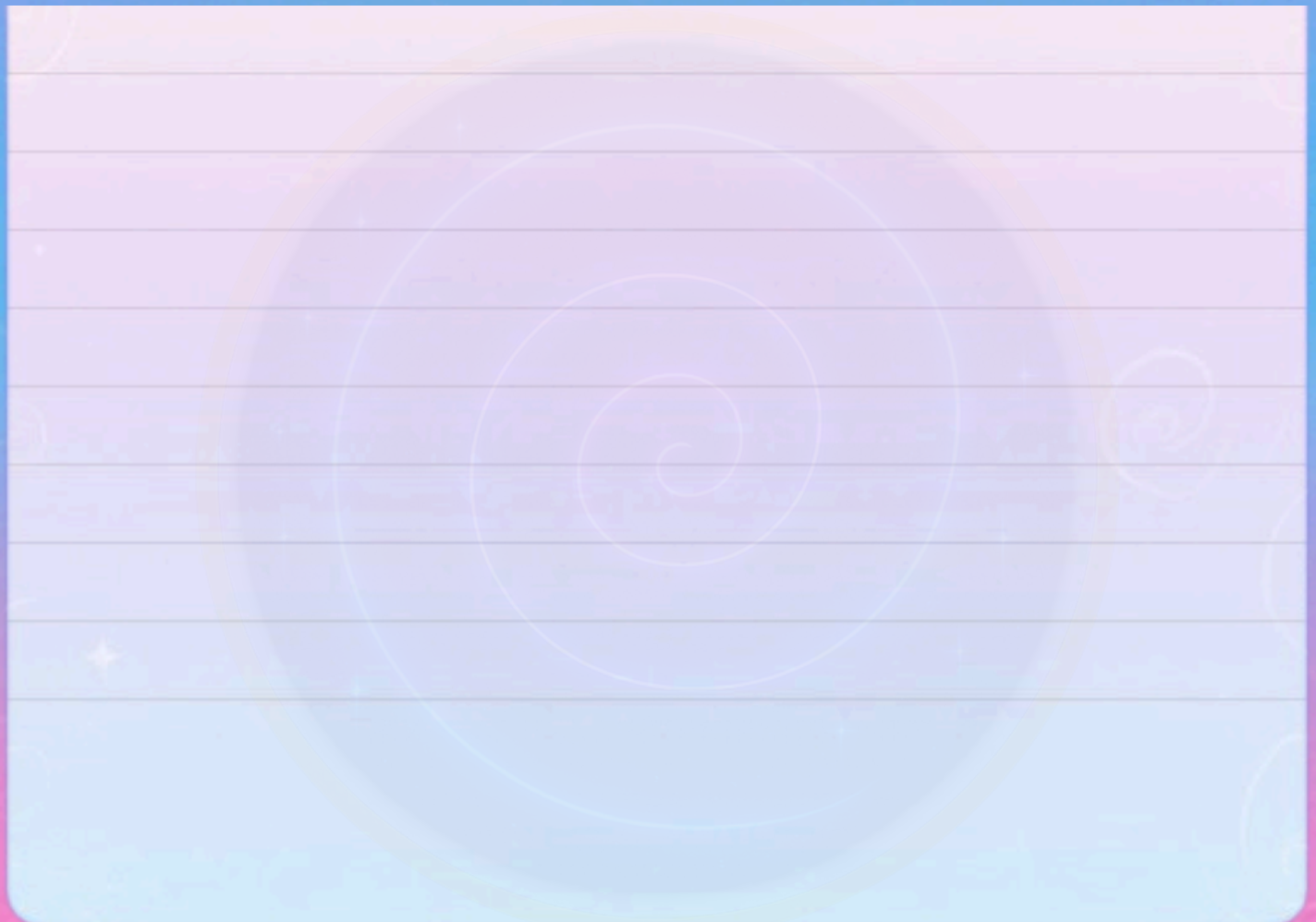




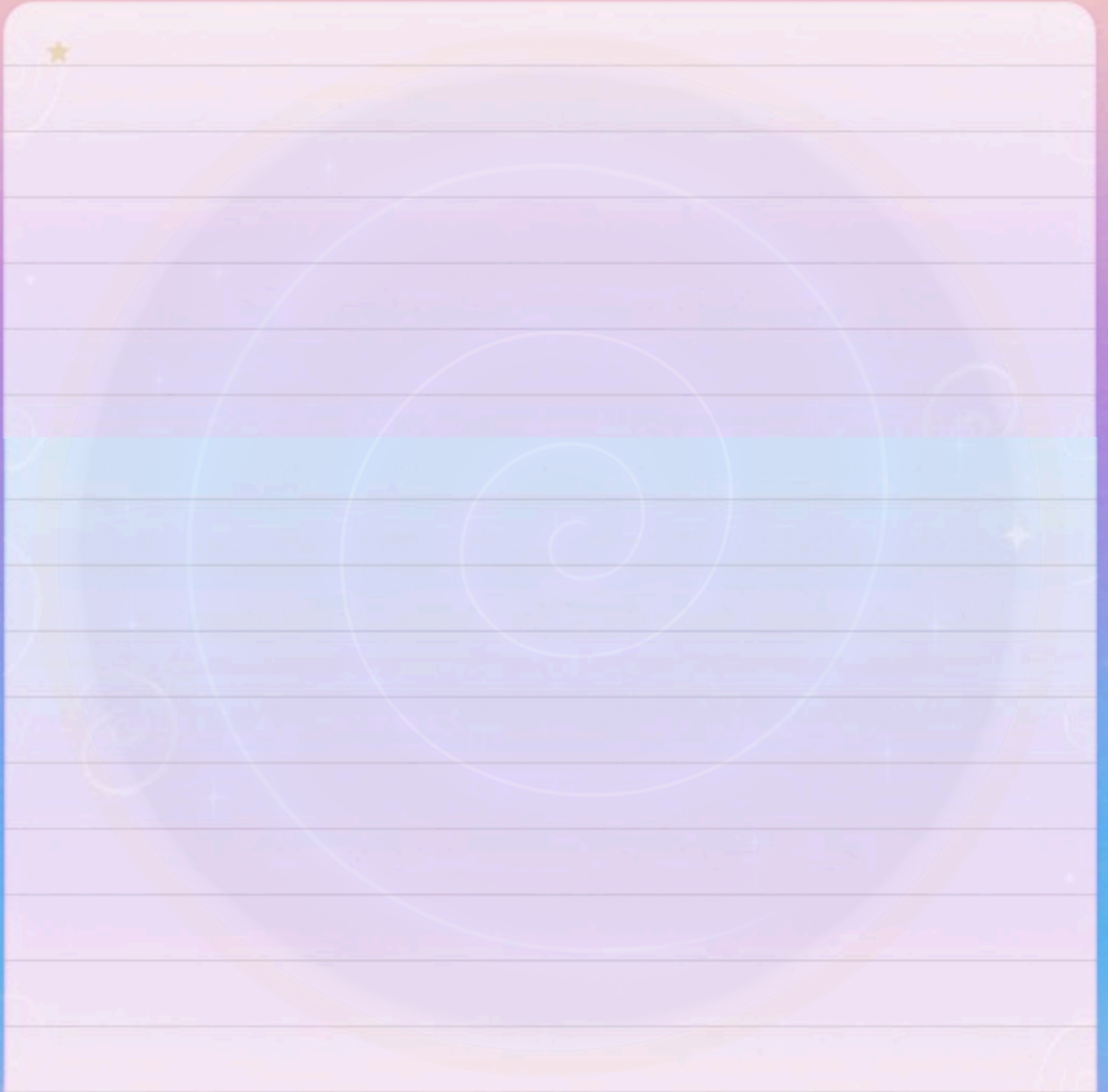
6. Where have I already honoured a boundary and felt empowered afterward? (Hint: Write it down and anchor it as proof. Your nervous system loves receipts.)



## Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



Spiraling Down



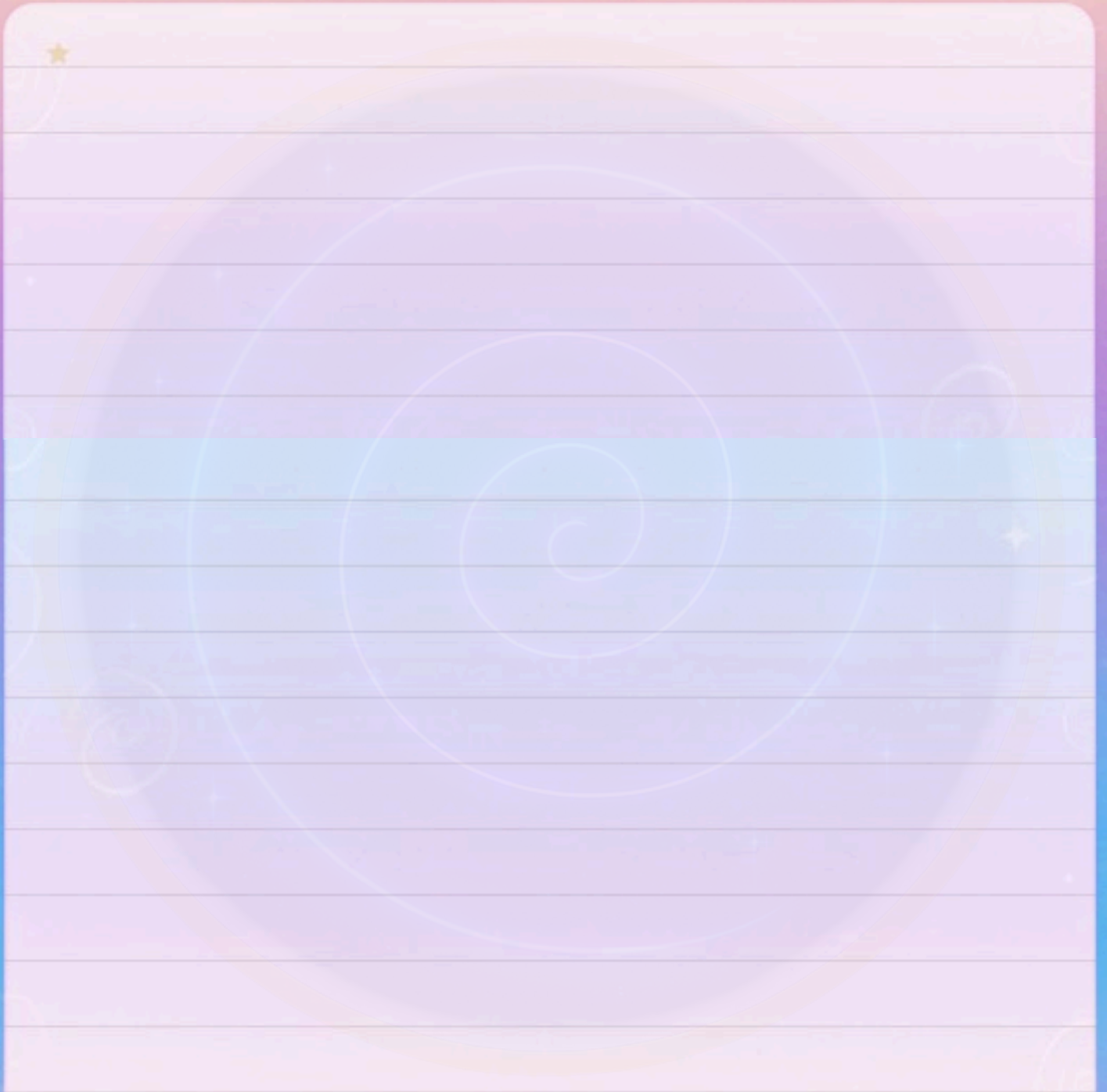




# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



Spiraling Down



2. What would it feel like to truly believe I'm enough, right now? (Describe the energy, posture, and inner dialogue of that version of you.)

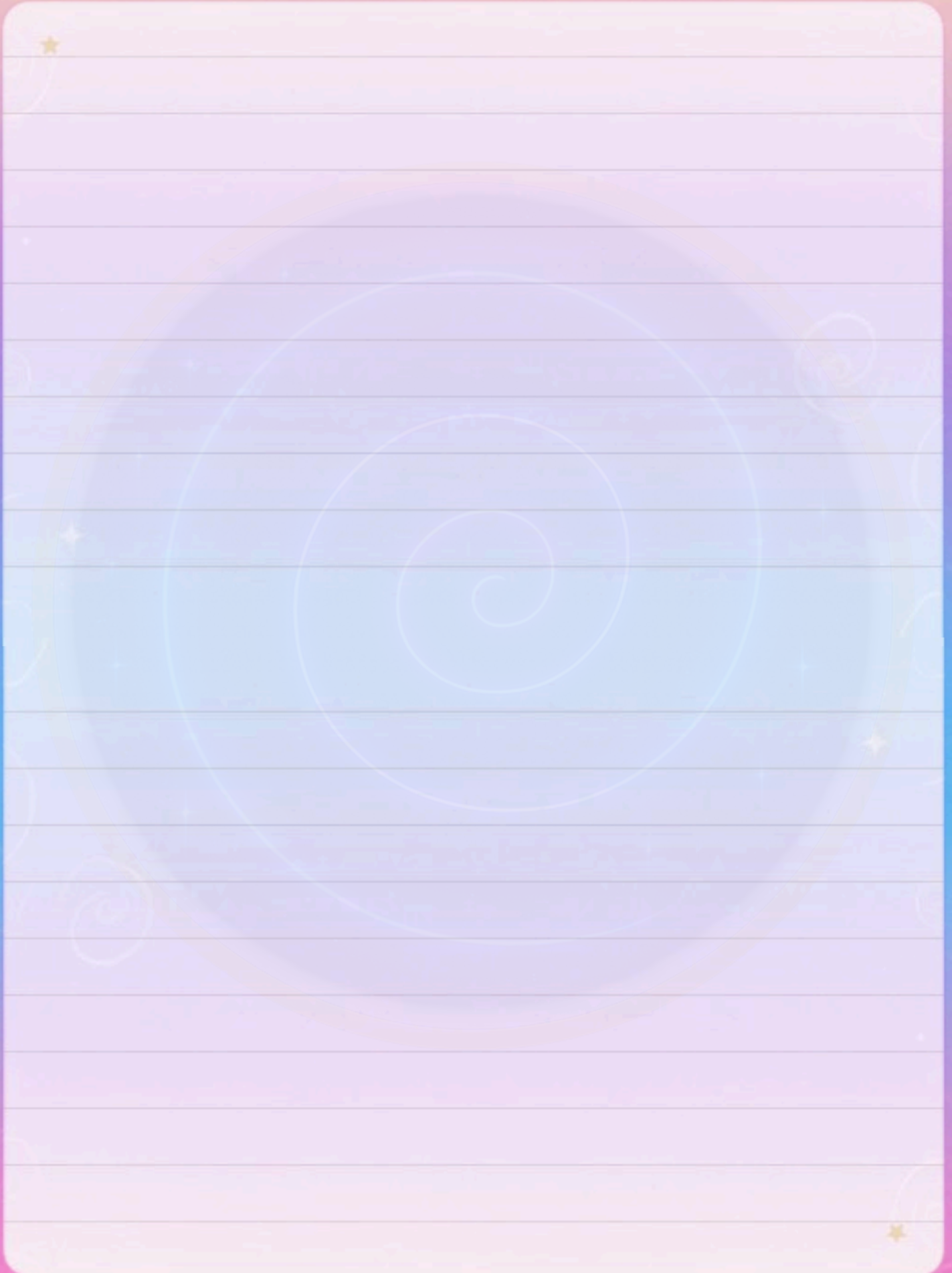
Lined writing area for question 2.

3. What qualities does my soul know it's calling in? (List five core feelings or attributes you want to experience in your next relationship; no physical traits.)

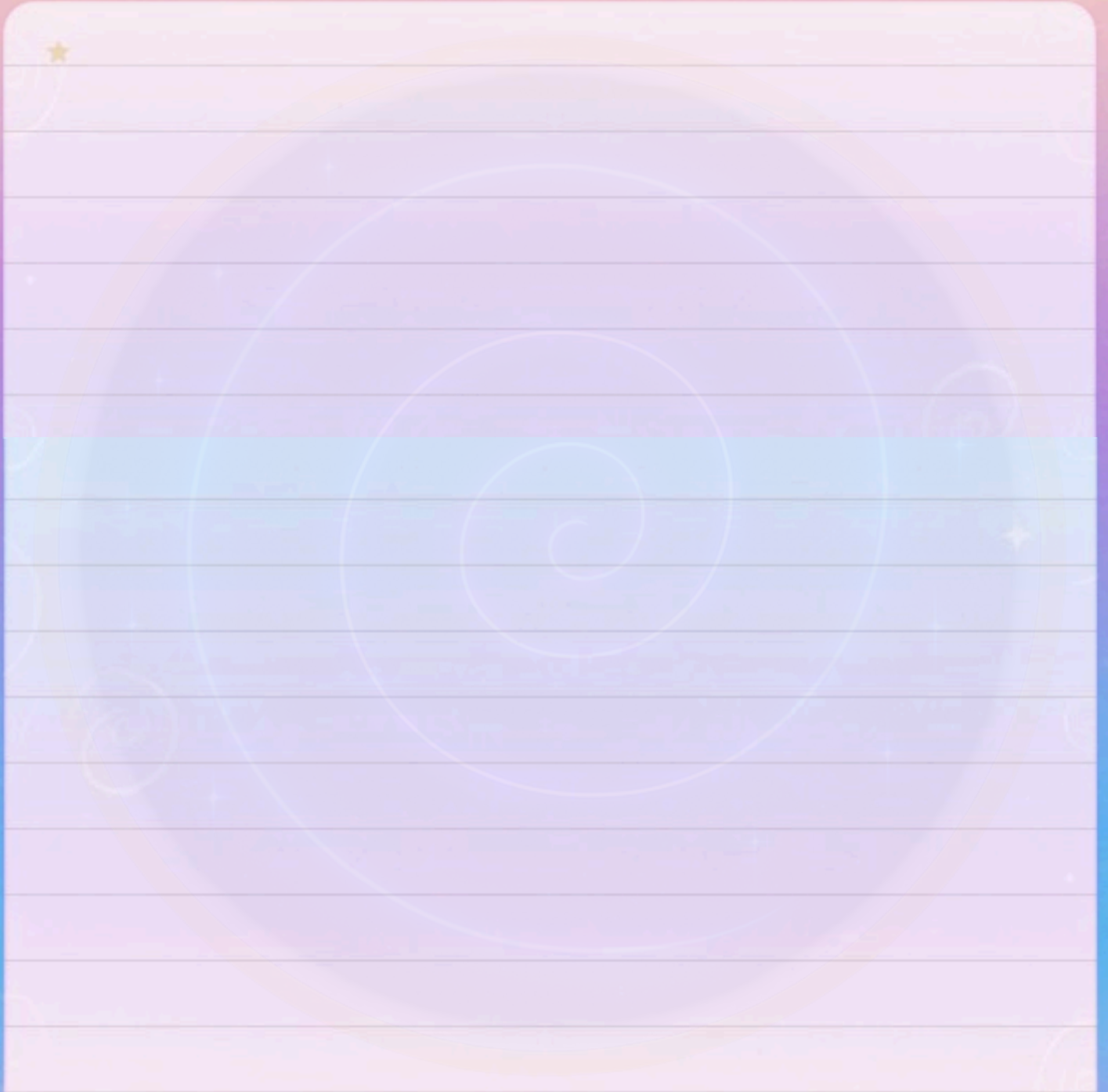
Lined writing area for question 3.



# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



Spiraling Down

## CHAPTER 8

# ★ TUNING INTO ABUNDANCE ★

Abundance isn't something you chase, it's something you attune to. It responds to safety, softness, and self-trust. Write from your spiral-in state, not your fear.

This isn't about figuring it all out. It's about opening the door.

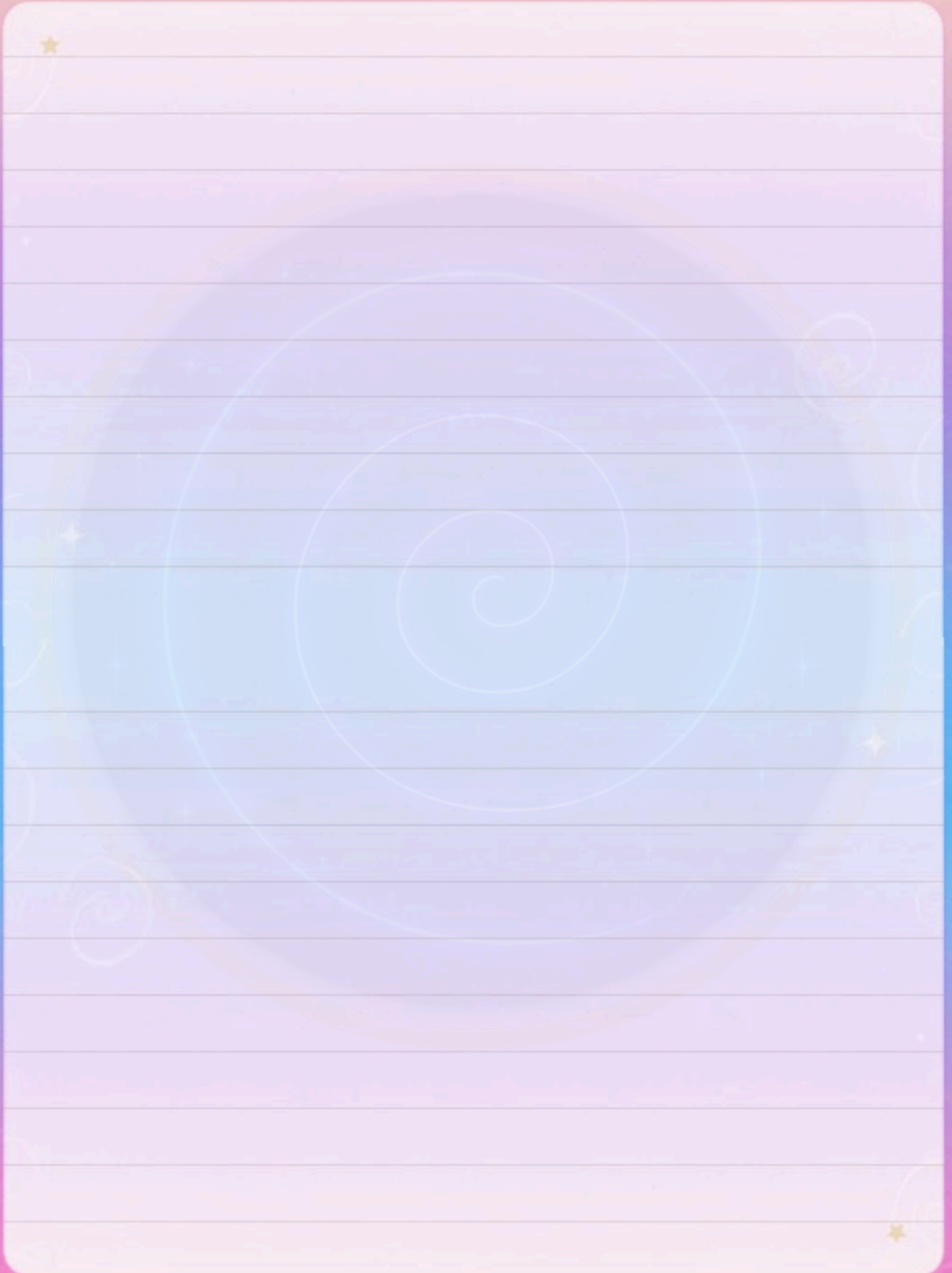
1. Where does scarcity still whisper in my life, and what does it sound like?

A large, blank, lined writing area with a light blue and purple gradient background. The lines are horizontal and evenly spaced. There are small star icons in the top left and bottom right corners of the writing area.

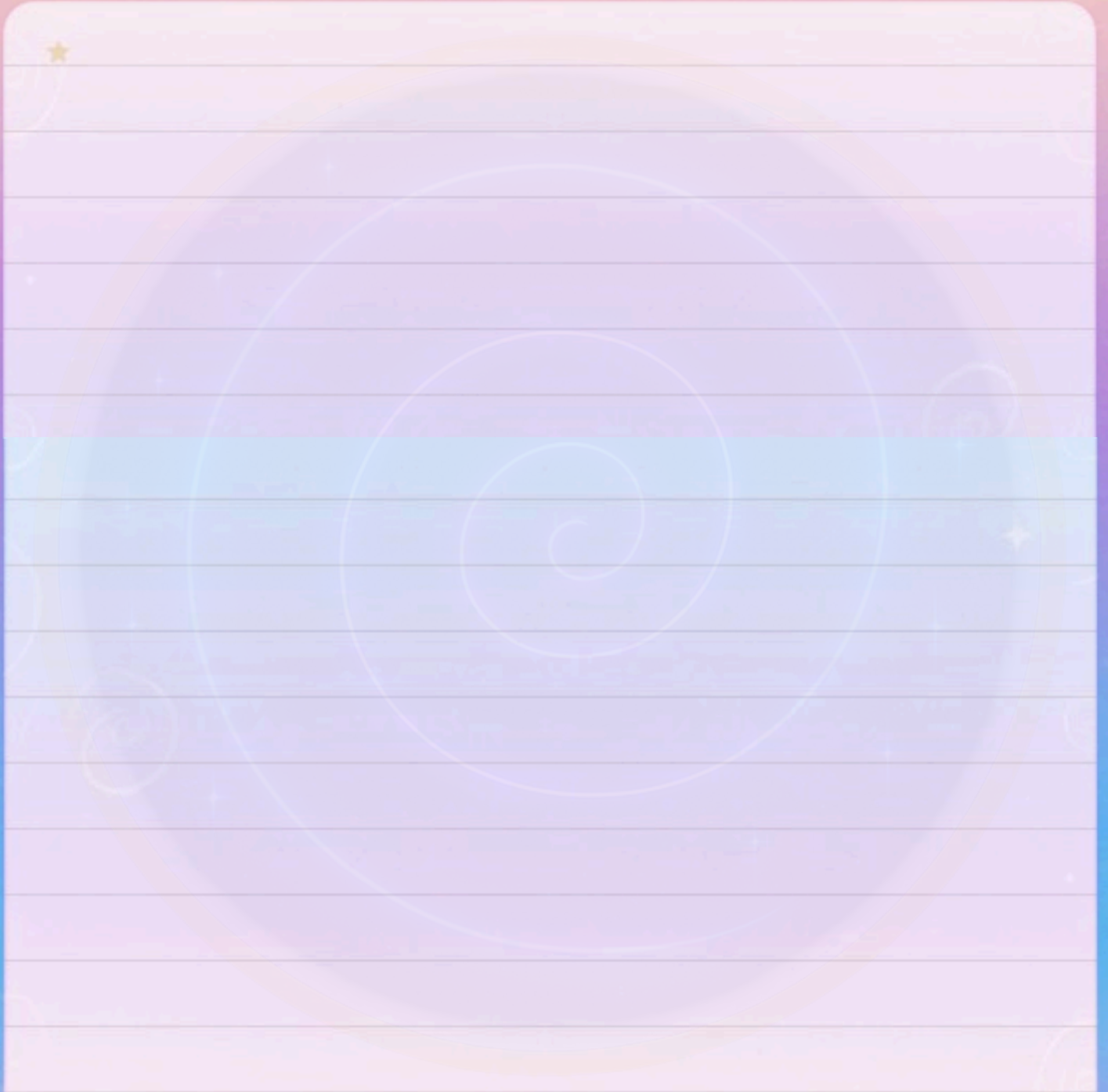




# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



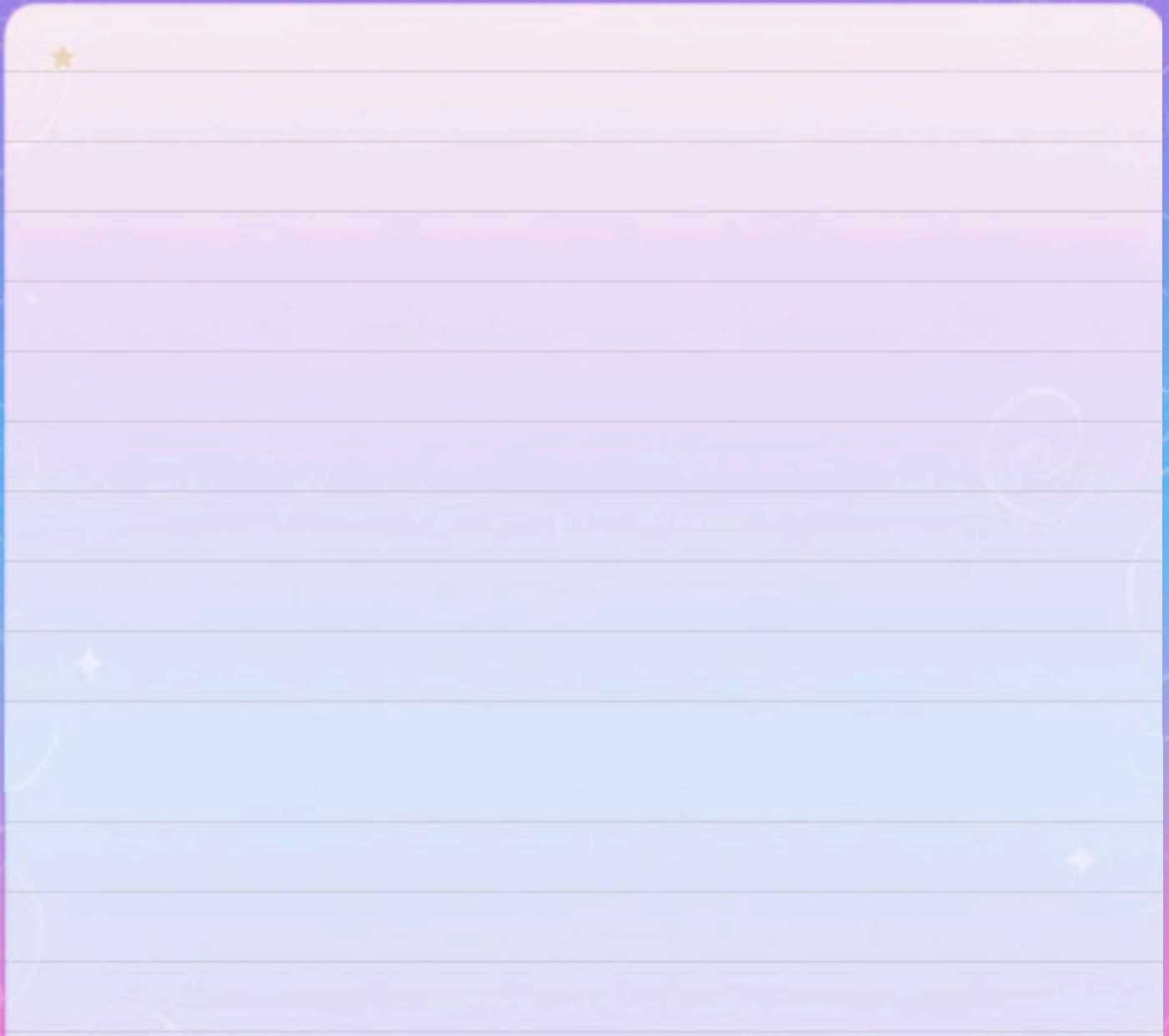
Spiraling Down

## CHAPTER 9

# ★ DITCHING THE HALO HUSTLE ★

Grab your journal, light a candle, and ask your soul to speak honestly. You're not here to judge, just to witness what's ready to shift.

1. Where in my life am I confusing effort with alignment?

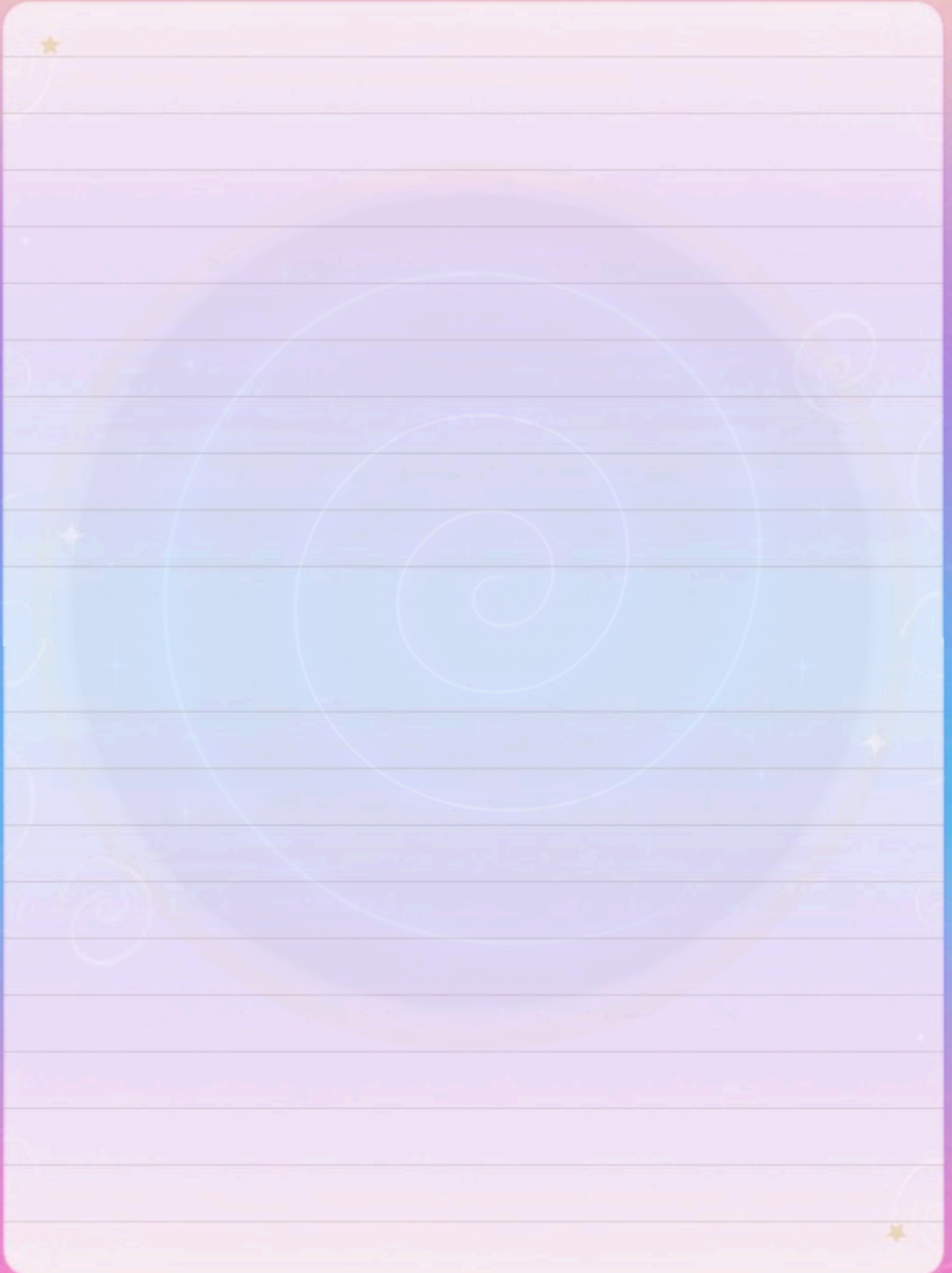
A large, blank, lined writing area for journaling. The lines are horizontal and light blue, set against a white background. The area is framed by a decorative border with stars and swirls.



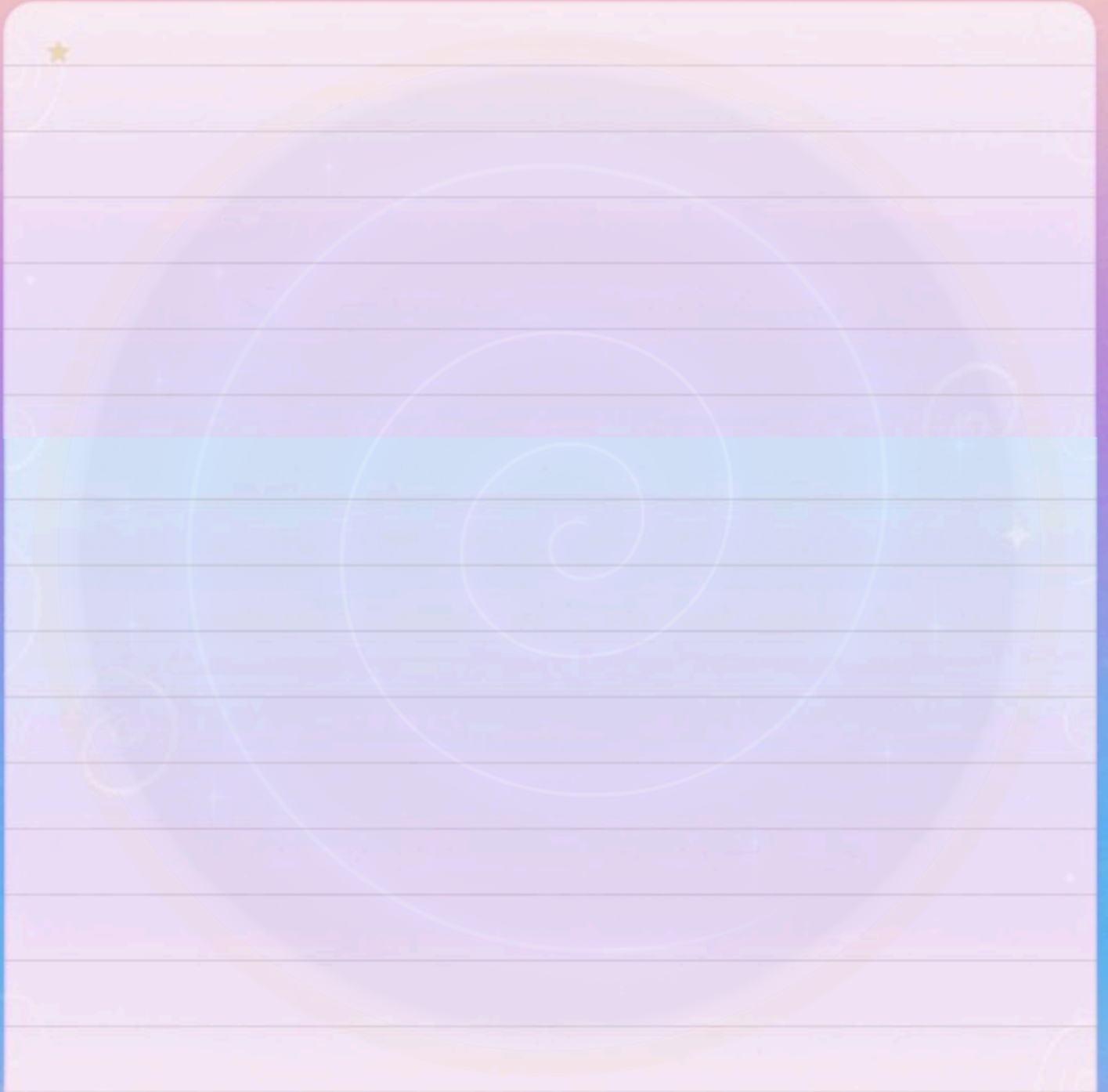




# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



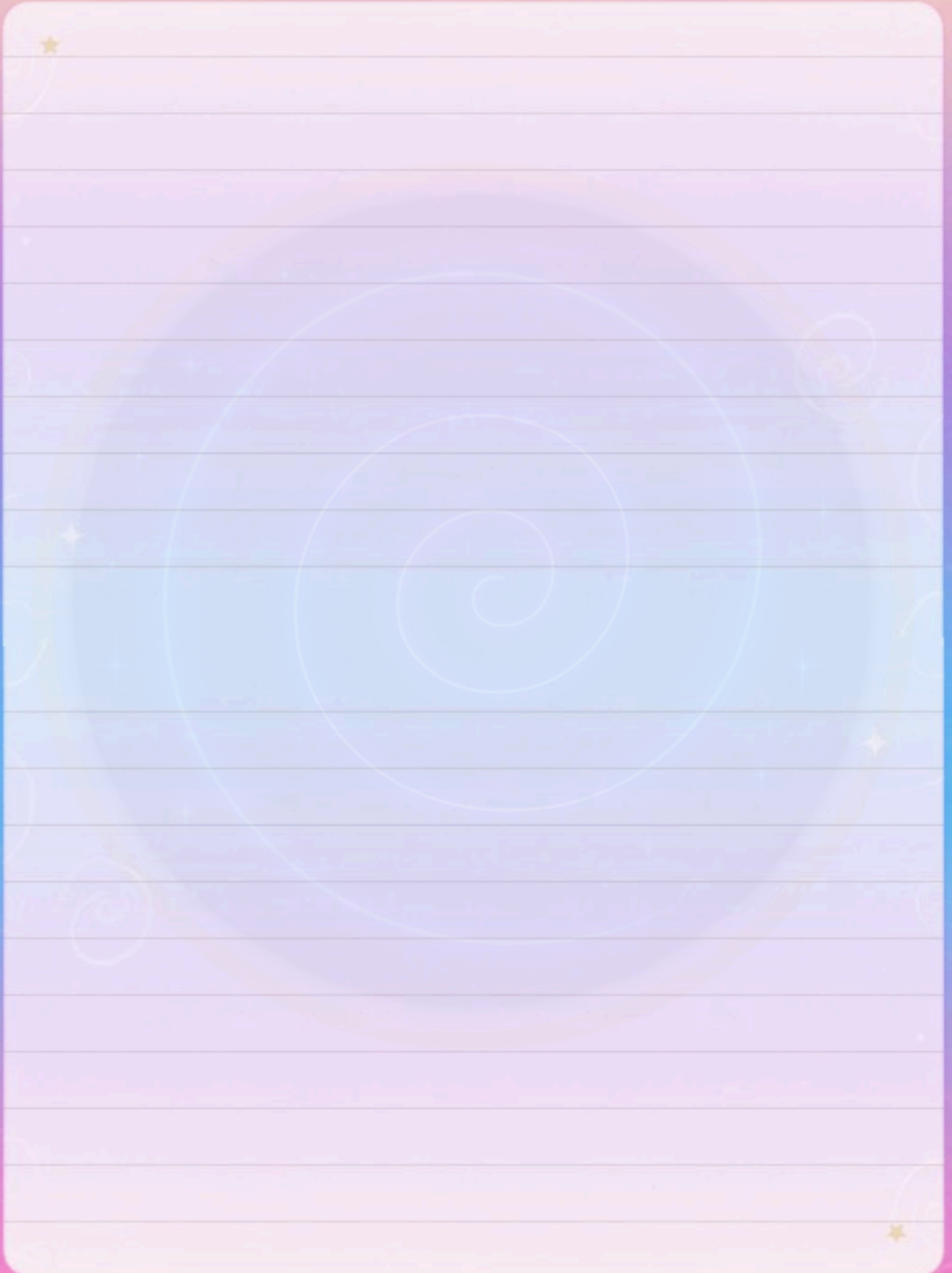
Spiraling Down



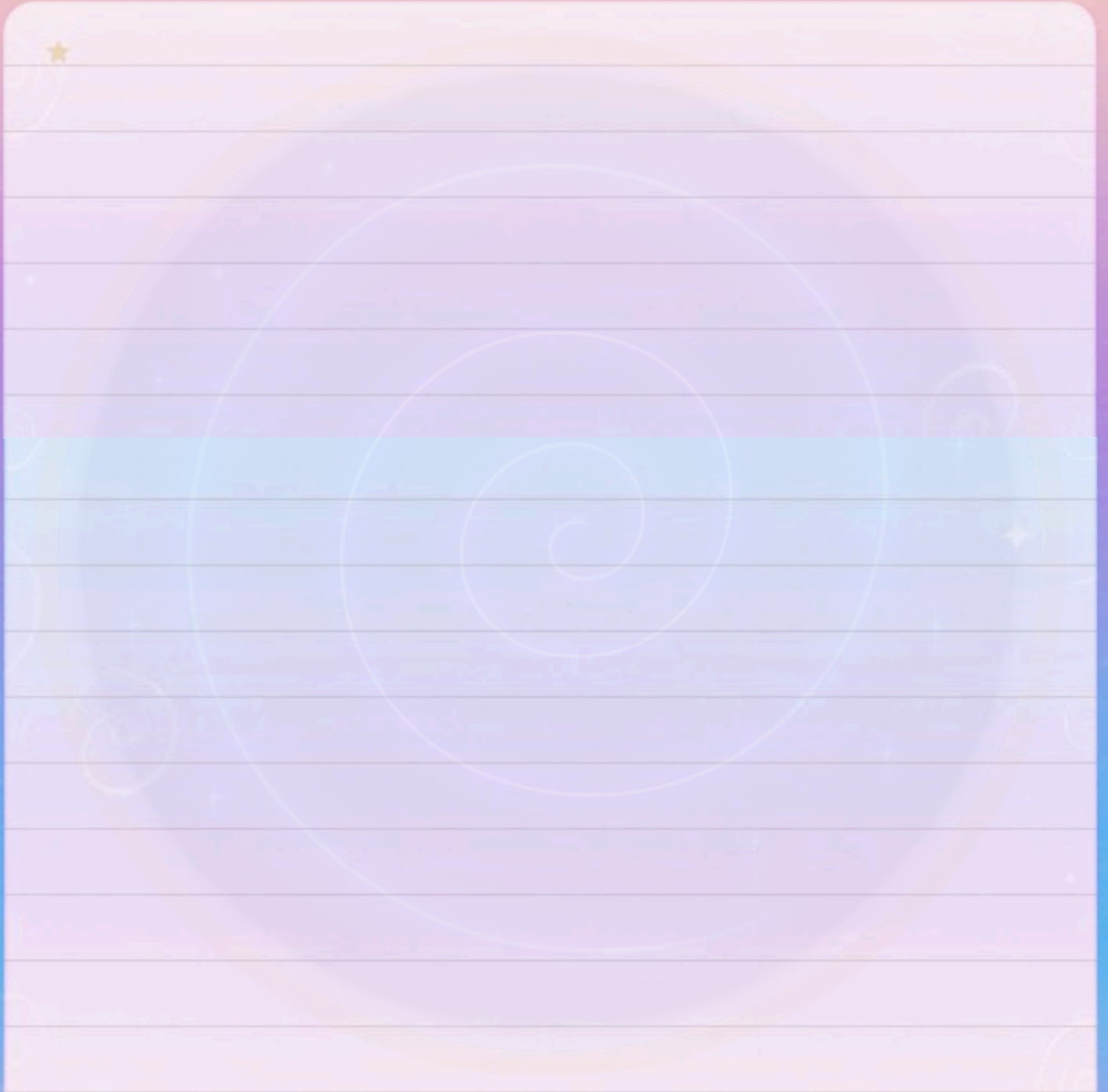




# Spiral Realisations



# Integration Insights



## Spiral Tracker



Spiraling Up



Neutral



Spiraling Down