

# Trusting The Universe Journal Prompts

## The process

1. Get in touch with your feelings. Learn to recognize & process your feelings.
  - Your feelings are a signal or beacon to the Universe.
  - Your feelings can also act as a compass to help guide you in the right direction.
2. Learn to trust yourself, get in touch with, and strengthen your intuition.
  - Strengthening your intuitive muscle can help you discern between worry and gut feelings.
  - Use your intuition to follow breadcrumbs the Universe is leaving for you.
  - Following your intuition can help you with taking inspired action.
3. Watch out for synchronicities.
  - Chronicle when you've experienced synchronicities. They are breadcrumbs from the Universe that let you know that you're on the right path. Write down or take note of when you get intuitive hits. Be sure to include how you felt, what you were doing, and your thoughts.
4. Be flexible. Release attachment to an outcome
  - When you let go of expectations outcomes, the Universe can deliver all of the other things that come along with your desire.
  - Allow for flexibility with your desires and make room for learning adjustments.
  - Don't get too hung up on the outcome.



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# Trusting The Universe Journal Prompts

Here are a few journal prompts and questions you can use to help you along your journey with trusting the Universe.

- What does trusting the Universe mean to you?
- What is your relationship with the Universe? Are there any hard feelings or co-dependency issues? If so, what do you think it would take to resolve them?
- Describe any moments of magical synchronicity. What had to happen to line everything up for you to experience that moment?
- What would your life look like if you fully trusted that the Universe was always looking out for you? What might be different? What would you let go of?





# Trusting The Universe Journal Prompts

**Prompt 3:** Describe any moments of magical synchronicity. What had to happen to line everything up in order for you to experience that moment? (There's more space available on the next sheet.)

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**Prompt 4:** What would your life look like if you fully trusted that the Universe was always looking out for you? What might be different? What would you let go of?

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