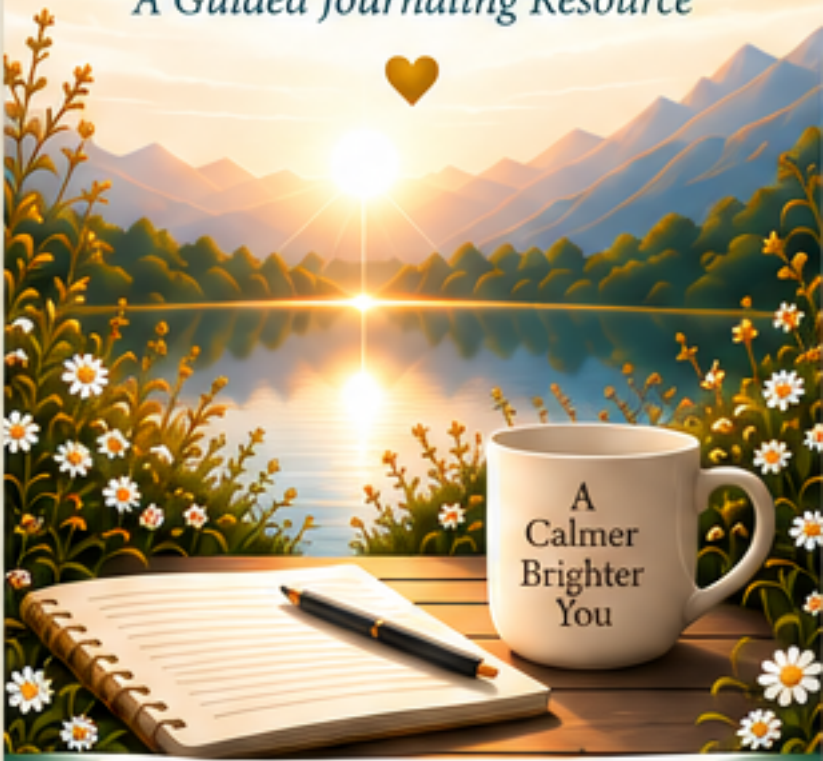
THE GIFT of TIME™

Give Your Thoughts Somewhere to Go

A Guided Journaling Resource



Pause. Write. Notice. Listen.

Roushini Devi

Every life transition gives us a Gift of Time.™

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Give Your Thoughts Somewhere to Go

A Space to Be Honest, Kind and Curious

Sometimes we don't need an immediate answer.
We simply need somewhere to put our thoughts.

Writing can create space between what we are experiencing and the thoughts we are carrying. You don't need to make your words perfect or even make sense of everything yet. Simply write with honesty and kindness towards yourself.

What am I carrying?

What thoughts, feelings, worries or responsibilities feel heavy for me right now?

What do I wish were different?

If I could speak honestly about what I wish had changed—or had not changed—what would I say?

What do I need?

What might support me emotionally, practically or personally in this season?

Listen to What Is Emerging

Give Your Thoughts Somewhere to Go

What do I want to remember?

What truth, lesson, strength, person or part of myself do I not want to lose sight of?

What am I ready to explore?

What possibility, interest, idea or next step am I becoming curious about?

What else wants to be written?

Give yourself permission to write whatever is still on your mind or heart.

You don't need to solve everything you write about. Sometimes giving your thoughts somewhere to go creates enough space to hear yourself more clearly.

Take what you need. Begin where you are.

Every life transition gives us a Gift of Time.™