

JUST ASK SPIRIT

7 Powerful Journal Prompts

SHERIANNA BOYLE

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Just Ask Spirit: 7 Powerful Journal Prompts

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Learn more at www.SheriannaBoyle.com





ABOUT SHERIANNA

LET'S CONNECT:



SHERIANNA BOYLE is the founder of Emotional Detox Coaching®, creator of the Cleanse Method® and an international bestselling author of numerous books, courses and audio programs that cover every aspect of mind, body, and spirit.

She is the host of the popular **Just Ask Spirit Radio Show**, works part-time as an adjunct professor of psychology, has been teaching yoga for 20 years, and is a regular contributor to numerous publications, including Spirituality & Health, Aspire Magazine and Prevention.

She is the founder of Emotional Detox Coaching®, and the Just Ask Spirit Podcast. Her newest book, *Just Ask Spirit: Free Your Emotions to Energize Intuition and Discover Purpose* will be released in February of 2025 by Simon & Schuster.

Her transformational book *Emotional Detox: 7 Steps to Release Toxicity and Energize Joy* has been a best seller on Amazon and Barnes and Noble since 2018. She is also the author of the bestselling books, *Emotional Detox for Anxiety: 7 Steps to Release Anxiety and Energize Joy* and *The Conscious Parent's Guide to Childhood Anxiety: A Mindful Approach for Helping Your Child Become Calm, Resilient, and Secure* and numerous other transformational titles.

Sherianna's groundbreaking books blend psychology and energy healing with practical and spiritual approaches which produce dynamic results.

Sherianna is a frequent workshop presenter at renowned health and wellness retreat centers including Kripalu and Omega Institute.

Learn more about Sherianna's offerings at www.SheriannaBoyle.com

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OVERVIEW

We all need help now and then.

The good news is you are not alone. We all have spirit guides supporting us 100% of the time.

Yet, if you are living a life preoccupied by stress, weighted by unprocessed emotions, this can make you feel stuck, anxious and uncertain about your future.

Unprocessed emotions clog your intuitive abilities making it difficult to both ask and receive the abundance of spiritual wisdom, guidance, healing and direction available to you right now.

Emotions, (when processed) are an incredible resource for igniting your intuition so you can fully step into your divine purpose. One of the core strategies I share in my work is to use guided journaling to support women to ask for and receive divine guidance.

Below are seven powerful journal prompts from the upcoming book, Just Ask Spirit™: Free Your Emotions to Energize Intuition and Discover Purpose (Feb. 2025) to help you get started.

TO BEGIN:



Create sacred space to connect with your spirit guides.



Start by finding a comfortable seated position, in a quiet location away from distractions. Set the intention to connect with your spirit guides by lighting a candle or reciting a prayer.



Take three deep breaths to help you become more present.



Repeat a journaling question out loud and then allow the insights and guidance to flow through you onto the page. Take your time and don't worry about sentence structure or spelling. Simply allow and enjoy the process.



7 POWERFUL JOURNAL PROMPTS



When I see _____, hear _____
or sense _____, I know this is a sign from spirit.



Guide me beloved spirit, on where I ought to be focusing my attention right now.



Thank you, Spirit Guide for your love and support. Please share with me the ways I will recognize your energy.





7 POWERFUL JOURNAL PROMPTS



Teach me dear spirit, how can I improve the way I set boundaries.



Tell me dear spirit, how to create more _____ in my life.



Share with me beloved spirit your divine wisdom, insights and clarity around

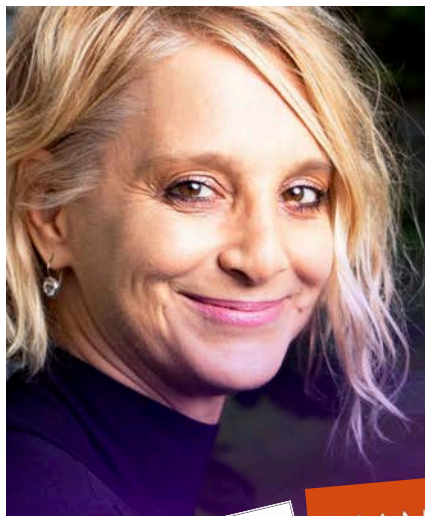


Thank you spirit for assisting with _____.

Please help me (and or a loved one) with _____

(e.g. resolving tension into growth and connection).





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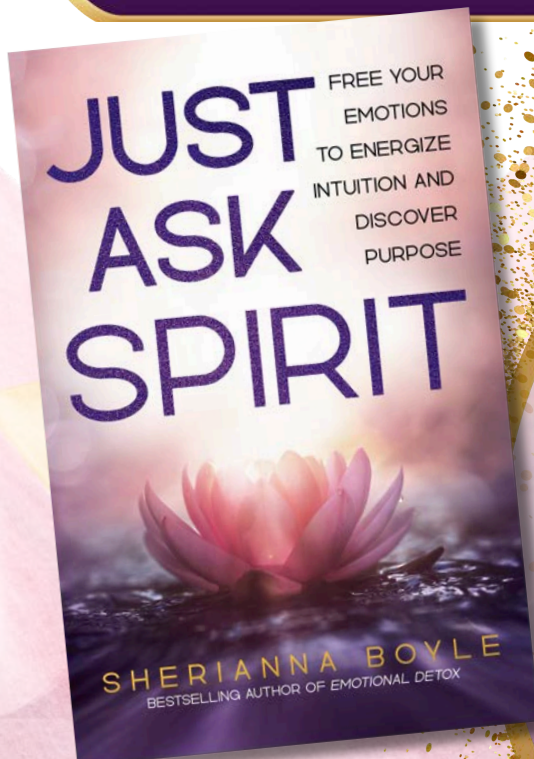
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