

*The Energy Within*

# Coming Into Your Own

*June 2026 Guided Journal Worksheet*

June 2026 · A Monthly Reflection Practice

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*Set aside 20–30 uninterrupted minutes. Find a quiet place to sit. If you have crystals nearby, place Rose Quartz or Rhodonite where you can rest your hand on them. Light a candle if that feels right. Take three slow breaths before you begin — one to arrive, one to soften, one to open. These questions are not a test. They are an invitation. Write what is true, not what sounds right.*

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## **Before You Begin — A Body Check-In**

Place one hand over your heart. Notice what is present in your body right now — tension, openness, heaviness, warmth, numbness. There is no right answer. Just notice.

*What I notice in my body as I arrive here:*

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## **1** *Where in your life have you been holding yourself back — and what have you been telling yourself is the reason?*

*Think broadly: in relationships, creative expression, work, your spiritual practice, your community. Where do you go quiet when part of you wants to speak?*

As you sit with this question, notice where you feel it in your body.

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## **2** *Where did you first learn that it was safer or smarter to make yourself small?*

*This isn't about blame. It's about understanding. The pattern made sense once. When and where did it begin?*

Notice what arises — images, memories, a felt sense. You don't need to write the whole story. Just what is true.

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**3** *What does your heart already know — the thing you quiet down before it gets too loud?*

*There is something you are aware of, on some level, that you haven't fully acknowledged. What is it?*

Let your hand rest on your heart as you write this one. See what comes.

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**4** *If you knew — in your body, not just in your mind — that being fully yourself was safe, what would change?*

*Be specific. What would you do differently this month? What would you stop doing? What would you start?*

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**5** *What is one thing you know to be true about yourself that you rarely let others see?*

*Not your accomplishments. Something truer than that — a quality, a gift, a knowing that lives quietly in you.*

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**6** *What is one small act of self-trust you are willing to practice this month?*

*Make it specific and doable. Not a grand gesture — one real thing. The opinion you'll share, the invitation you'll accept, the compliment you'll let land.*

Write it as a commitment: "This month, I will..."

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## **Closing Integration**

After completing your reflections, take three final breaths. Place both feet on the floor. Place one hand over your heart.

*"I release the story that I am too much or not enough.*

*I am allowed to be fully present.*

*I am allowed to be fully seen.*

*I am already becoming who I came here to be."*

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Pair this worksheet with the June heart-opening practice — see Article 2 in your newsletter.

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