



A PRINTABLE JOURNAL



First Things First, One at a Time

September Guided Journal Worksheet

Six questions for the stretch between the Virgo New Moon and the Aries Full Moon. Work through one a day, or sit with all six at once.

Leave room to write under each one.

HOW TO USE THIS

Each question gets its own page, with a short prompt to help you go deeper and open space underneath to write. There's no correct order and no correct amount to say — a sentence counts as much as a page.

PRIORITIZATION · FOLLOW-THROUGH · NAMING WHAT YOU NEED · BOUNDARIES



01 / 06

What's one thing that you keep thinking will bring you relief when it's complete?

Notice the project or conversation you keep imagining as the finish line, the one that would let you finally exhale. Write down what you think would actually change once it's done, and whether that's realistic.

WRITE IT OUT

02 / 06

What are the five half-finished projects or barely started practices that seem the most urgent?

List them: the classes, the routines, the plans you picked up and set back down. Then circle the one you'd keep if you could only keep one.

WRITE IT OUT

03 / 06

Who did you say “it’s fine” to recently, when it wasn’t?

Name the person and the moment. What was said, what you felt in your body while you said the word “fine.” Then write the sentence you didn’t say.

WRITE IT OUT

04 / 06

What’s the more vulnerable, uncomfortable feeling underneath the one you can name?

Start with the basics: are you angry, anxious, or hurt? Then go one layer deeper. Afraid, disrespected, helpless, powerless. Sit with whichever one surfaces before you decide what to do with it.

WRITE IT OUT

05 / 06

Where do you give more than you have?

Think of the last time you said yes when your body was already telling you no. What were you afraid would happen if you'd said no instead?

WRITE IT OUT

06 / 06

How would it feel to stick with one prioritized thing for two weeks or until completion?

Notice the urge to judge something on day three. What would you need to believe about yourself to wait it out instead?

WRITE IT OUT

TO CLOSE

*“I choose the one thing in front of me.
I say the plain version of what I need.
I stay with what I started.”*

The Energy Within

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