



## **JOURNALING**

**Today, take a journal or a few blank pieces of paper out into nature or find a quiet, peaceful place and spend 20–30 minutes writing about all that is coming up for you: any discoveries, any breakthroughs, any old wounds resurfacing, anything that is at the forefront of your life that you may want to explore.**

**Allow yourself to let go and explore your deepest emotions and thoughts. Don't worry about spelling, grammar or sentence structure. Don't worry about the quality of your handwriting. This is just for you. The only rule is that once you begin writing, you continue until the time is up. We want you to complete AT LEAST 3 pages of journaling within the time frame.**

**May the force be with you.**

# REFLECTION QUESTIONS: WEEK SEVEN

If you feel called to, you can send all answers to [bridgemethod@gmail.com](mailto:bridgemethod@gmail.com)  
with subject: ACCOUNTABILITY WEEK SEVEN.

1. What did you find most challenging this week? Why?
2. What discoveries did you make about yourself?
3. What was the most rewarding part of this week?
4. What am I committing to for next week in regards to clearing any negative feelings?
5. How is my 30 Day Meditation Challenge going?