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The
Psychic
Awakening
Journal
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Guided Prompts to Develop
Your Intuition *and* Open Up
Your Psychic Abilities

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Setting Your Intention

Our intentions really matter, and deciding and then declaring your intention can help set the container for this journal, assist you in sticking with it, and begin to draw that future toward you. Intention setting is powerful stuff!



The Magic Wand Exercise

Imagine that you had a magic wand and you could wave it over your life. How would you imagine that letting yourself be fully psychic and intuitive would help you be your best self? Consider the following and write down what comes to you:

Would you like to use your newfound psychic skills to navigate your own life and be in the right place at the right time? When was the last time that happened?

Does having full access to your psychic insights help you discover your life's purpose? How could it help you in your current work life?

Would fully activating your psychic potential help you achieve some of your dreams, perhaps to meet your soulmate, or find the right home or work for yourself?

Maybe you want to use your psychic gifts to help other people. Who would you want to help, and how would you want to help them?

Do you have a desire to fully unlock your psychic potential and explore what your gifts really are? Maybe you even want to become a professional psychic and live your life as a healer. What are the gifts you want to explore?

Let your imagination run loose as you write a vision for your best self. Finish this sentence: If I could fully master my psychic ability, I would be so thrilled and happy to use it for these things:

Set Your Intention

Contemplate what came up for you in the Magic Wand Exercise and craft that into an intention for your journal experience.

I want to fully explore my psychic potential so I can: _____
