



JOURNAL TOPICS

Serenity House @ GoMetaphysical.com

Sunday What are your goals in terms of spirituality?

Monday Describe how you use crystals to improve your everyday life.

Tuesday What is your grounding technique?

Wednesday Who is someone that you admire and why?

Thursday What is currently on your altar? What is the purpose of each piece?

Friday How do you currently (or how will you) show gratitude to the Universe?

Saturday Has journaling had an impact on your week?