

Grieve & Glow - Week 7 Journal Prompts

- ☐ What's your current sexual story? What's going on for you in your sexuality?

- ☐ What's currently working?

- ☐ What areas do you want to grow, heal, integrate, thrive?

- ☐ What would it look like for you to thrive sexually?

- ☐ Now engaging all 5 senses...
 - ☐ What would you see that would signal you're sexually thriving?

 - ☐ What would you hear that would signal you're sexually thriving?

 - ☐ What would you touch or feel on your skin that would let you know you're sexually thriving?

 - ☐ What would you taste?

 - ☐ What would you smell?

And during integration week, you can revisit of Week 5 Prompts

- ☐ What do you desire? How do you want to feel? What do you want to accomplish? Who do you want to be? No desire is too big or too small. Let it flow!

- ☐ Choose a top desire you listed above. If it came true, what might having that get you?

- ☐ What might have *that* (your answer above) get you?

- ☐ What do you think you would feel if you achieved that desire?

- ☐ How do you think your life would change if you achieved that desire?

- ☐ Why is this important to you?

You're invited to share any of your reflections in the Grieve & Glow Facebook group.