

JOURNALING  
FOR SELF-CARE  
WORKBOOK



HEALING & COACHING

# Welcome!

Introducing our latest offering- a complimentary self-journaling workbook designed to guide you on a transformative journey of self-discovery and personal growth.

This thoughtfully curated tool, is packed with a variety of journaling prompts that encourage deep reflection, allowing you to explore your inner world, unlock hidden emotions, and foster a stronger connection with your true self.

Whether you're seeking clarity, pursuing healing, or simply aiming to enhance your self-awareness, this workbook is your perfect companion. Embrace this opportunity to carve out moments of introspection, capture your thoughts, and embark on a path toward profound self-enlightenment and empowerment.

*Peggy Lindsey*



## ABOUT ME

I'm Peggy Lindsey, the visionary behind On Angels' Wings Healing & Coaching, and I am dedicated to empowering individuals to heal, transform, and soar to new heights in their personal and spiritual journeys.

# JOURNALING PROMPTS

What is the story I keep telling myself?

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When setting aside the roles I play in life (e.g. spouse, parent, child, sibling, employee/employer, group participant), who am I?

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If I had the ability to change one thing, what would it be?

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# JOURNALING PROMPTS

In what ways can I better nurture my body, my mind, and my spirit?

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What are my gifts and talents and how do I share them?

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If I were living from my heart, what would I be doing?

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# JOURNALING PROMPTS

What are qualities I wish to embody?

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I am valuable because...

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What people, places, thoughts and actions light me up inside?

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## LET'S HEAL TOGETHER

If you've found value in this journaling activity and are eager to dive deeper into your path of self-discovery and transformation, I'm here to guide you further.



Visit On Angels' Wings Healing & Coaching to explore a range of personalized healing and coaching services that are designed to nurture your growth and elevate your spirit.

Don't hesitate to take the next step towards your fullest potential—contact us today and embark on an even more profound journey of healing and self-realization.

[EXPLORE OUR SERVICES](#)