

# *Authentic Woman's Journal*



*offered by*

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*Welcome to Your Authentic Journey*

*May you take a journey within  
To discover the essence of your divinity.  
May you expand your heart so greatly  
That the world is blanketed by your love.*

*May you walk with other sisters  
Knowing that your bond is a powerful and creative one.*

*Your expressions are precious.*

*Your love is moving.*

*Your wisdom is healing.*

*Thank you for the gift you are.*

*Your soul revels in this journey into your feminine nature.*



## *My Body*

*I celebrate my body, I affirm and acknowledge the  
changes in my body and their gifts to me.*

## *Truth Telling*

*Truth telling is the love within you expressing. The truth does no harm.  
It is about me and I and no one else.*

*Love My Self - Celebrating*

*Celebrate the glory of who you are right now.*

## *Releasing - Complaints*

### *Complain away Train.*

*Your complaints are normal but destructive. What complaints do you have? What purpose do they serve? What are they preventing you from having in your life?*

*Is replacing the complaints important?*

*Leave them on this page and let the train take them away.*

## *Releasing - Blame*

### *Blame Game*

*Place blame right here in your journal. Use it to help you transform. Understand your reactions of blaming criticizing, insisting your way is right, their way is wrong is NOT the truth. They are barricades to your heart.*

*What does your heart really want?*

*Love & Relationship - Loving Another in Pain*

*How can you love another through their pain?*

*Love & Relationship –Expanding Love Acknowledging Fear*

*Today I am ready to put wings on my heart and let it soar. This might be scary, but I know I must to expand the joy and light within me. And I know this is my ultimate work. How can I encourage my heart wings to expand?*

## *Releasing - Anger*

*How can I channel my anger so that it doesn't harm anyone including myself?  
I now release and allow the energy of anger to flow up and out from my body.*

## *Relationship & Love – My Responsibility*

*Desiring change in another*

*The deeper the desire to change him, the more discomfort I have with myself.*

*What are my feelings and needs? They are my responsibility.*

*I am response-able.*

*Relationship & Love - Trust*

*Can I trust him with my heart?*

*Love My Self – Authentic Expression*

*I believe in myself. I bless, acknowledge and coax out the authentic expression  
of who I am.*

## *Feel the Feelings*

*What am I feeling right now? Let it rip.*

## *Honoring Feelings*

*How may I honor these feelings?*

## *Relationship & Love – Clarity*

*Relationship Status*

*What do I want?*

*What do I offer?*

*Love My Self - 10 things*

*10 Things I love about myself...*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

*Another 10 things I love about myself*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

*10 Adjectives that describe the BEST of you*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

*Great!!!! And another 10...*

1.

2.

3.

4.

5.

6.

7.

8.

9.

*10.*

## ***Feminine Power***

*My power... In what ways am I responsible for my feminine power?*

*Joy*

*I cultivate joy in my life. I enjoy...*

## *Taking Responsibility*

*What part of this situation is it important to take responsibility for?*

*Simplify Life*

*It's easy to lead a complex life. Try simplifying.*

## *Tell Your Story*

*Women need to express and be heard. What story do I need to tell?*

*Secrets Revealed.*

*Airing them releases their power and hold over you.*

*Healing*

*What feels healing to your body, mind, heart and/or soul?*

***Fear***

*What fears are stuck on me? What thoughts or ideas am I clinging to?*

*Celebrate.*

*Love*

*Who is available to love in my life? Am I?  
“Love keeps no record of wrongs.” Apostle Paul*

*Compassion for Your Body*

*Is there a part of your body that needs compassion?*

### *Radical Self Acceptance*

*“Without our flaws, faults, and foibles, we would be less loveable –  
much less loveable.” Sark*

*How can you treat yourself as kindly as you do your best friend?  
When you see your friend beating up on herself, take her weapons away and just hold  
her.*

*Gratitude*

*Thank you. Thank You. Thank You God!*

*Wanting What You Have*

*"It's not about getting what you want, but wanting what you have." Cheryl Crow*

## *Forgiveness*

## *Breathing*

*Living My Own Life.*

*If there are ideals others want me to live by, I see them for what they are... Someone else's. I awaken and connect with my truth. My deepest heart's desires are worthy of my attention. The world needs me to be me.*

***Contribution:***

*The difference I am making and desire to make.*

*New Experiences:*

*What makes your heart sing?*

*Being*

*Know yourself by being. When I stop doing, who am I?*

## *Letting Go*

*What is the purpose of that which is unfinished in my life? What can I let go of?*

***Purpose of Struggle.***

*What purpose has loss and hard times served? What do you know about who you are and what you stand for?*

*Rest, Relax, Rejuvenate.*

*What do I need to replenish myself?*

*Self-Nurturing.*

*I cultivate a safe refuge for my feelings.*

*Abundance:*

*I now recognize the abundance in my life.  
I have an abundance of love in my heart.*

*Receiving.*

*I am magnificent and worthy. I now receive the gifts the Universe has for me just for being me.*

*Resiliency*

*I am a resilient woman.*