

ENERGY & INTUITION FOR INFJS WORKBOOK 3

JOURNALING PROMPTS:

Please take about 10 minutes to journal your answers to the questions below. Do not censor yourself or edit your answers, just be as truthful as you can be.

Imagine you are engaged with creative self-expression in a way that feels really good to you. What does that look like? Are you writing? Painting? Creating in a different way? What are you exploring? How does that feel?

What are your fears about putting your creative work out there? Do you fear being misunderstood? Or being seen and judged? Write about these fears and be as honest as you can about your feelings and why you think you feel this way.

INTUITIVE ASSIGNMENT:

Take some time in the next few days to be alone and do something relaxing that also allows you to ponder, reflect, or even meditate. A long walk or a long bath might work well.

As you are immersed in this relaxing activity, feel into yourself to see if you can feel any creative seeds that might be growing within you. These might feel like little baby seeds that are still very undeveloped, or they might feel like big ripe seeds that are ready to be planted now. You don't need to do anything with these seeds at the moment, just see and feel them and take note of the fact that they are there.

Later, when it feels right, sit and journal about the creative seeds you sensed inside of you. What is still very new and small? What is already starting to grow? What is ready to be born in the next few days, weeks, or months ahead? Don't make any plans for these creative seeds, just observe them and what your intuition is telling you about their growth and future birth.