

TRUSTING THE SIGNS

All Around You

Journal





Beautiful soul,

There are moments in life when guidance arrives softly—a repeated number, a meaningful song, a feather on your path, a chance encounter, or a whisper in your heart that refuses to be ignored.

The signs are always around you, gently inviting you to slow down, become present, and trust the unseen support guiding your journey.

This journal is a sacred space to deepen your awareness, strengthen your intuition, and reconnect with the wisdom of your soul.

As you move through these pages, **allow yourself to become a loving witness to the magic, synchronicities, and subtle nudges unfolding all around you.** The more you pay attention, the more life begins to reveal its sacred conversation with you.

You may discover that the Universe has been lovingly guiding, supporting, and communicating with you all along.

xoxo Linda

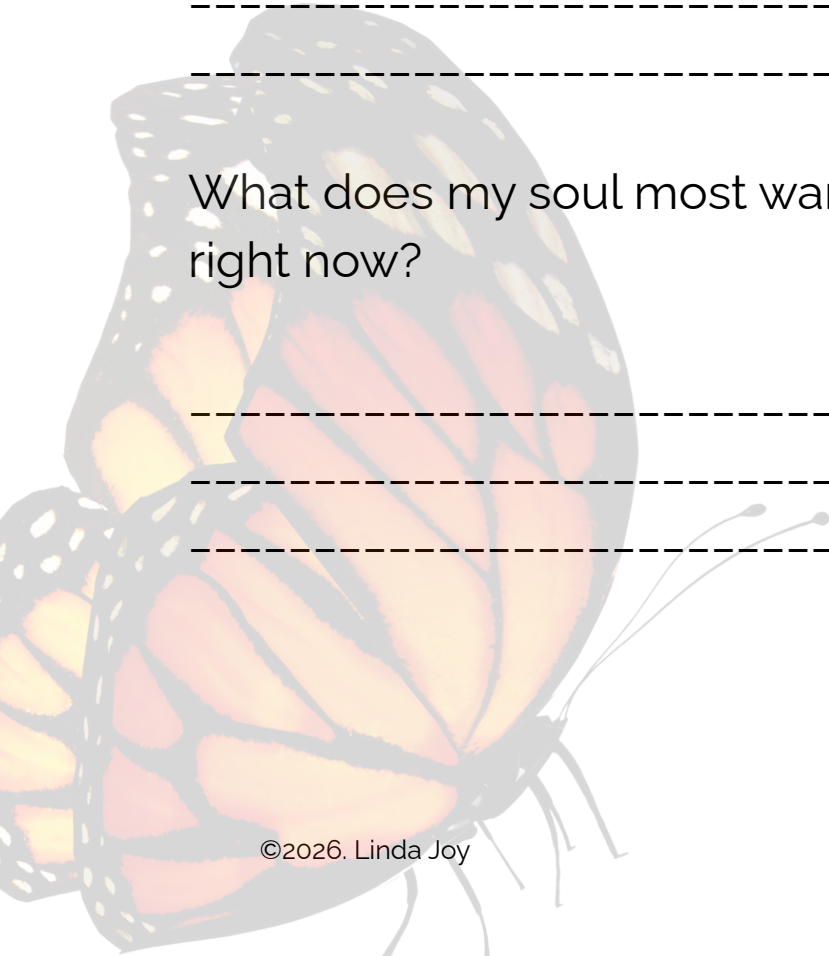


Journal Prompts

What signs or synchronicities have been showing up repeatedly in my life lately?

When was a time I trusted my intuition and it led me exactly where I needed to go?

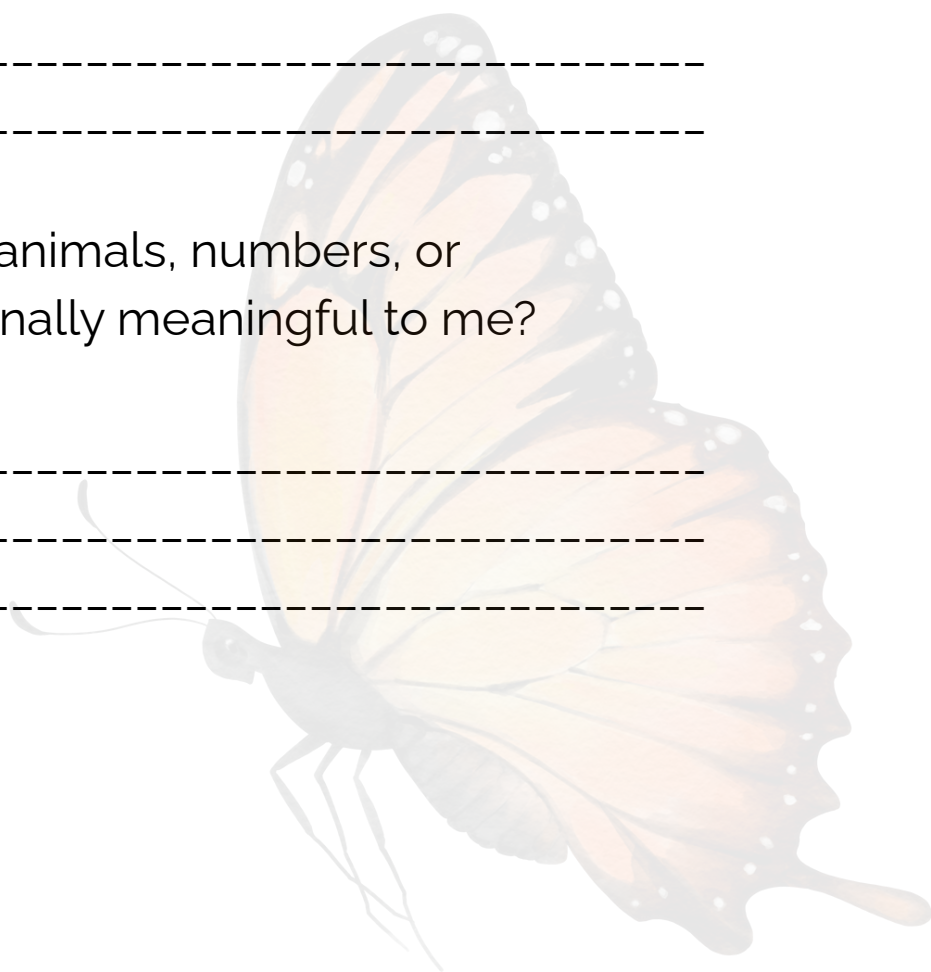
What does my soul most want me to pay attention to right now?

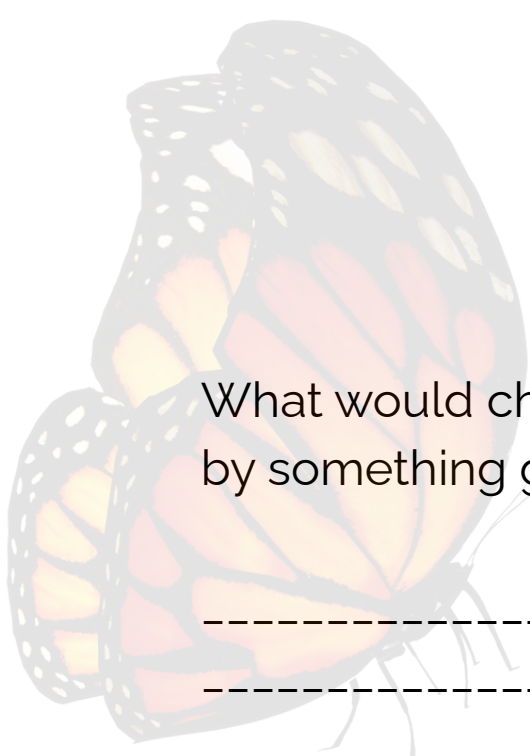


Where in my life am I being asked to surrender and trust more deeply?

What fears make it difficult for me to trust the guidance I receive?

What symbols, songs, animals, numbers, or experiences feel personally meaningful to me?





What would change if I fully believed I was supported by something greater than myself?

How can I create more quiet space in my life to hear my inner wisdom?

What message do I feel the Universe is lovingly trying to communicate to me today?



I trust the divine guidance unfolding in my life.

I am deeply connected to my intuition and inner wisdom.

The Universe is always communicating with me in loving ways.

I notice and honor the signs guiding my next steps.

I release the need to control and choose to trust.

I am supported, guided, and protected on my journey.

Synchronicities are reminders that I am aligned with my path.

I trust what my soul knows, even when my mind feels uncertain.

Every sign I receive is leading me closer to my truth.

I am open to miracles, magic, and meaningful guidance each day.



Daily Trusting the Signs Ritual:

Light a candle to set your space.

Begin by placing one hand over your heart and one over your womb or solar plexus.

Take three slow, nourishing breaths and allow yourself to soften into the present moment.

Close your eyes and silently ask:

"What guidance is trying to reach me today?"

Spend a few quiet moments noticing what arises—an image, feeling, word, memory, sensation, or inner knowing. There is no right or wrong way for guidance to arrive.

Next, ask yourself:

- *What signs have I overlooked lately?*
- *What feels aligned and expansive in my life right now?*
- *Where is my soul asking me to trust more deeply?*

Before beginning your journaling practice, affirm:

"I am open to divine guidance. I trust the wisdom unfolding within and around me."

Carry this energy with you throughout your day and remain open to the sacred whispers, synchronicities, and invitations appearing along your path.

