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# Further *Clarity* Journal

Hilde Eisma



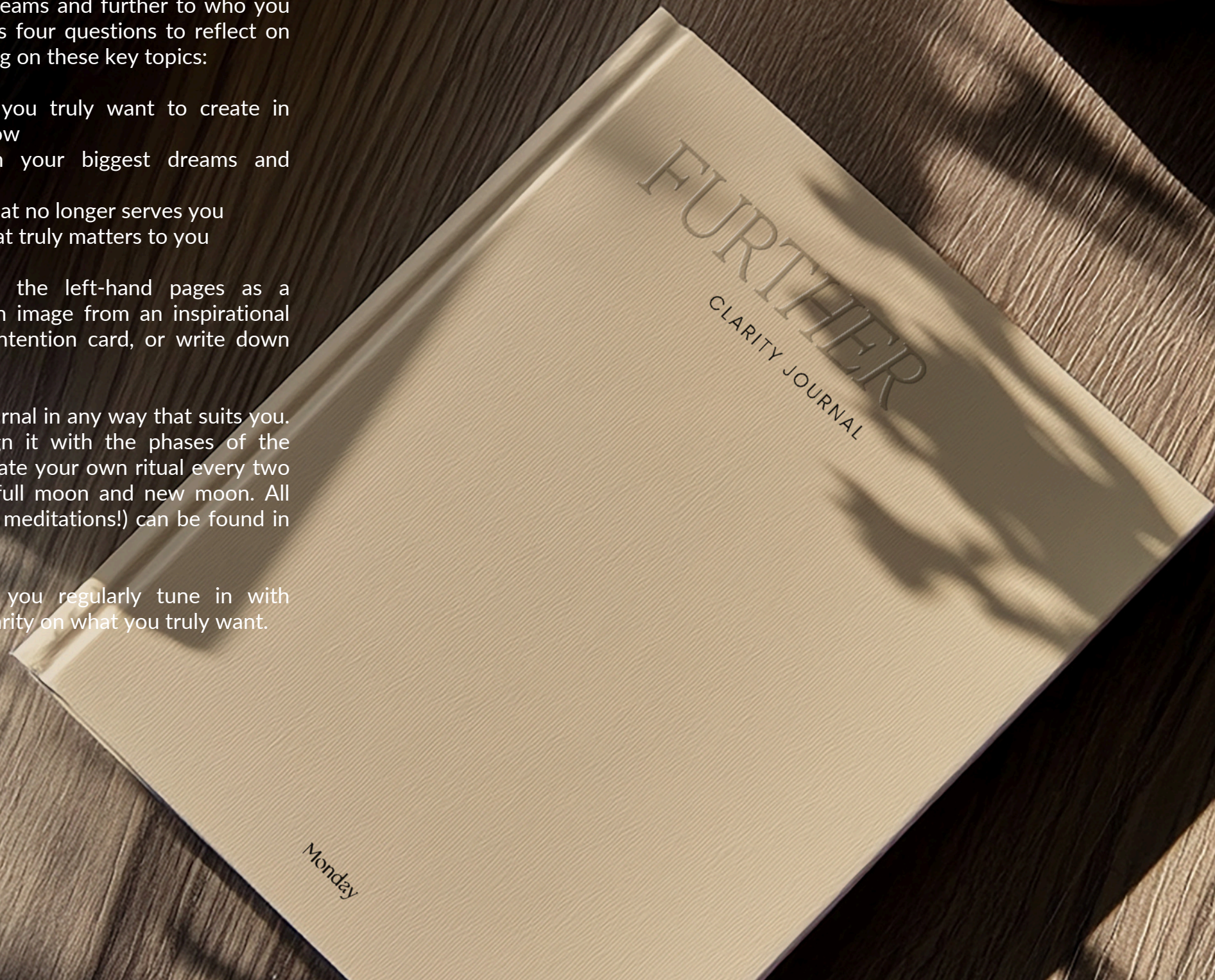
This journal helps you move further in the direction of your dreams and further to who you truly are. It contains four questions to reflect on each month, focusing on these key topics:

- Deciding what you truly want to create in your life right now
- Tuning in with your biggest dreams and desires
- Letting go of what no longer serves you
- Focusing on what truly matters to you

You can also use the left-hand pages as a scrapbook. Paste an image from an inspirational magazine, pull an intention card, or write down your thoughts.

You can use this journal in any way that suits you. If you wish to align it with the phases of the moon, you can! Create your own ritual every two weeks, during the full moon and new moon. All the steps (including meditations!) can be found in this journal.

This journal helps you regularly tune in with yourself and gain clarity on what you truly want.





This journal revolves around four questions:

**WHAT DO I REALLY WANT TO CREATE IN MY LIFE RIGHT NOW?**

This question focuses on a period of one to three months. You can write down what you would like to create, feel, or have in the upcoming months on every topic that matters to you: relationships, health, business, mental or certain experiences.

**WHAT ARE MY BIGGEST DREAMS AND DESIRES?**

This question challenges you to step out of the habits of your daily life and really tune in on your biggest dreams. Write down what you truly desire, despite time and current circumstances. If your dreams don't scare you a little bit, they might not be big enough.

**WHAT DO I WANT TO LET GO OF?**

This can be certain patterns, thoughts, psychical discomfort, emotions or anything you can think of. Just write down everything you want to let go of. Trust yourself on all the things that come up.

**WHAT REALLY MATTERS TO ME?**

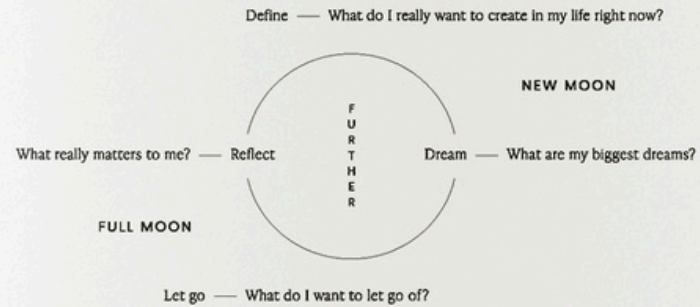
After letting go, focus on what really matters for you. Sometimes our mind gets so busy with all these to do's and distraction. Write down what really matters to you and feel the gratitude for everthing you write down.

There are three ways this journal can be used:

**ONE** - Use it whenever you feel like it. When you feel you want to connect with your dreams and what you want to create in your life. Just follow your intuition and go with the flow.

**TWO** - Use it weekly. Every week you just answer one question and dive deep into that question.

**THREE** - Use it cyclically in line with the phases of the moon. This is our favorite option, because the energy of the moon amplifies your practice. If you want to use this option, you journal with two questions every two weeks. *Define & Dream* by New Moon and *Reflect & Let Go* by Full Moon.



With the full moon questions, you can even create a small ritual for yourself to give it more meaning and even burn your paper (safely) with what you want to let go of.

Just do what feels good for you.

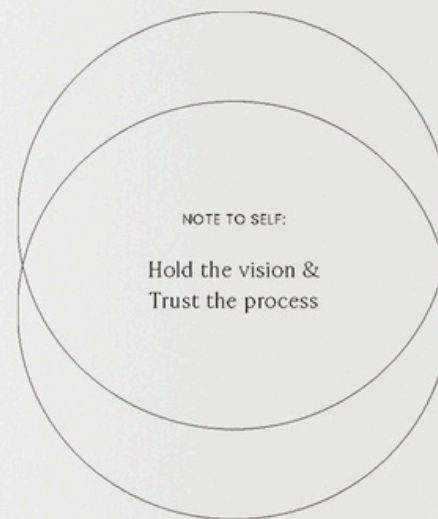


You just need to  
————— *start*

You can use every left side of each page for whatever you want, for example:

- Paste an inspiring image you find in a magazine
- Write down a quote that inspires you
- Draw an intention card and give it meaning in a way that resonates with you
- Write down what you are grateful for, because that's the best place to start creating from

It's a space for notes, visuals, quotes, doodles, insights & more



NOTE TO SELF:

Hold the vision &  
Trust the process



SPACE FOR

IDEAS

NOTES

VISUALS

& MORE

DATE:

NEW MOON

DEFINE

What do I  
really want to  
create in my life  
right now?

FURTHER

10

JOURNAL

FURTHER

11

JOURNAL

SPACE FOR

IDEAS

NOTES

VISUALS

& MORE

DATE:

FULL MOON



FURTHER

14

JOURNAL

FURTHER

15

JOURNAL



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# Thank you!

If you have any questions,  
please let us know at  
[hello@mon-day.nl](mailto:hello@mon-day.nl)