

JOURNALLING

guide

TO BREAKTHROUGH LIMITING BELIEFS &
MANIFEST ECZEMA HEALING



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ABOUT

me

Hi, I'm Julia!

I'm a Registered Dietitian focusing on Eczema, TSW and mindset. I help eczema and TSW warriors heal eczema naturally without restrictive dieting or steroids.

Through my own experience with eczema and going through TSW in 2015, I now dedicate my career in helping others achieve their dream life -of clearer skin.

HOW TO USE THIS

———— *guide*

YOU CAN EITHER PRINT THIS OUT AND WRITE DIRECTLY ON THE GUIDE OR ANSWER THE QUESTIONS IN THIS GUIDE IN YOUR OWN JOURNAL, NOTE PAD, OR PIECE OF PAPER.

PLEASE DO NOT ANSWER "IN YOUR HEAD" AS THIS IS NOT AS EFFECTIVE AS WRITING IT DOWN.

IF YOU CAN'T THINK OF ANYTHING TO WRITE, JUST WRITE DOWN WHATEVER COMES TO MIND, EVEN IF IT DOESN'T MAKE SENSE.

THE GOAL IS TO GET YOUR THOUGHTS ONTO PAPER AND RELEASE ANY NEGATIVE THOUGHTS.

INTRODUCTION

PART ONE: LIMITING BELIEFS

- BELIEFS ABOUT YOUR HEALING
- BELIEFS ABOUT YOURSELF
- NEGATIVE TO POSITIVE THOUGHTS

PART TWO: MANIFESTING JOURNAL PROMPTS

- 5 JOURNAL PROMPTS TO GAIN TRUST
AND GET YOU CLOSER TO YOUR
DREAMS & DESIRES

PART THREE: DAILY AFFIRMATIONS

- 10 AFFIRMATIONS TO MANIFEST
ECZEMA HEALING

LIMITING BELIEFS

———— *part 1*

Q#1: WHY DO YOU THINK YOU ARE NOT HEALING?



Q#2: IS THIS THOUGHT OF NOT HEALING TRUE?



LIMITING BELIEFS

———— *part 1*

Q#3: LIST 3 REASONS WHY THIS THOUGHT IS NOT TRUE.



Q#4: WHY DO YOU FEEL LIKE HAVE TO DO EVERYTHING TO CONTROL YOUR HEALING?



LIMITING BELIEFS

—— *part 1*

Q#5: WRITE DOWN ALL THE NEGATIVE
THOUGHTS YOU HAVE ABOUT YOUR ECZEMA.



LIMITING BELIEFS

———— *part 1*

Q#6: CHANGE ALL THE NEGATIVE THOUGHTS YOU WROTE FOR Q#5 TO POSITIVE THOUGHTS BY STATING THE OPPOSITE.



JOURNAL PROMPTS

———— *part 2*

Q#1: WHAT WOULD YOUR LIFE LOOK LIKE WITH CLEAR SKIN? HOW WOULD YOU FEEL?



Q#2: LIST 5 EMOTIONS YOU WOULD FEEL IF YOU ACHIEVED THIS LIFE.



JOURNAL PROMPTS

———— *part 2*

COMPLETE THE SENTENCE:

Q#3: "I TRUST MYSELF BECAUSE..."



Q#4: "I HEAL MY ECZEMA EFFORTLESSLY BECAUSE..."



JOURNAL PROMPTS

————— *part 2*

COMPLETE THE SENTENCE:

Q#5: "I ATTRACT HEALING WITH EASE
BECAUSE..."



I WANT YOU TO FEEL THE EMOTIONS YOU
WROTE DOWN IN QUESTION 2 AS YOU ARE
WRITING THESE PROMPTS DOWN. THE
MORE YOU FEEL THE POSITIVE EMOTIONS,
THE CLOSER YOU WILL GET TO YOUR
DESIRED REALITY.

AFFIRMATIONS

————— *part 3*

ON THE NEXT PAGE YOU WILL FIND AFFIRMATIONS TO PRACTICE DAILY. READ THEM ALOUD TO YOURSELF OR JOURNAL THEM EVERY DAY. THE BEST TIME TO DO THIS IS FIRST THING IN THE MORNING OR BEFORE BED WHEN YOUR SUBCONSCIOUS MIND IS MOST ACTIVE.

IF YOU STRUGGLE WITH BELIEVING THESE AFFIRMATIONS, THIS IS NORMAL. PRACTICING AFFIRMATIONS IS A PROCESS. IT IS A POWERFUL METHOD TO TRICKING YOUR BRAIN WHAT IS THE TRUTH BEFORE IT ACTUALLY HAPPENS.

YOUR BRAIN DOES NOT KNOW THE DIFFERENCE BETWEEN IMAGINATION AND REALITY. BE CONSISTENT AND YOU WILL SEE RESULTS!!

AFFIRMATIONS

————— *part 3*

- I TRUST THAT MY BODY IS ALWAYS HEALING.
- I RELEASE ANY CONTROL OF THE OUTCOME BECAUSE I KNOW I WILL HEAL.
- I HAVE GLOWING SKIN.
- I ATTRACT HEALING WITH EASE.
- I HAVE COMPLETE FAITH AND TRUST IN MY ECZEMA.
- I TAKE GOOD CARE OF MY HEALT AND MY ECZEMA.
- THE MORE SELF CARE AND LOVE I PRACTICE, THE FASTER MY ECZEMA HEALS.
- I HAVE A GREAT RELATIONSHIP WITH MY ECZEMA.
- MY SKIN IS CLEAR AND SOFT.
- I AM CONFIDENT IN ACHIEVING MY GOALS.

MORE SUPPORT?

Check these out!

1. The Eczema Warrior Podcast

A podcast that helps eczema & TSW warriors heal eczema naturally without steroids or restrictive dieting. Tune in to learn all things about eczema, TSW, mindset & manifestation.

2. Clear Your Eczema

Our 8-week skin healing program giving you all the tools and strategies to heal your skin naturally. Our proven framework teaches you how to find your root causes, accelerate healing with nutrition, while pairing this with mindset and manifestation to get you closer to your dreams. We provide 6 months of ongoing support and accountability in this container.