

Journaling Guide for Busy Entrepreneurs: Release Stress & Overwhelm

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WELCOME

I'm a Registered Dietitian specializing in gut health, eczema, and stress and burnout. I've helped hundreds of women get to the root cause of their chronic symptoms and heal their bodies. I know firsthand how easy it is to put your health on the back burner when you're running a business.

I personally experienced burnout while growing my own practice. The stress took a serious toll on my body, and my eczema flared uncontrollably as a result. It wasn't until I made my health and stress management a priority that I was able to truly heal — not just my skin, but my overall well-being, while still building a thriving business.

This journalling guide is designed to help you do the same. Through simple yet powerful prompts, you'll gain clarity, reduce stress, and create a foundation for both your health and your success. When you prioritize your health, your business thrives even more.

Let's get started.



How to use this guide

- Pick a journalling time that works for you — Morning, Afternoon, or Night (or all three!). That's why we've included prompts for each.
- Set aside 5-10 minutes or as needed. I know you are busy!
- Find a quiet space where you won't be disturbed. Journalling is more effective when you are in the *vibe*. Add music (I love the Activations app!), light a candle, or diffuse essential oils into your space.
- Print this guide or use your own journal — just make sure to answer the prompts on paper instead of answering in your head.
- Don't overthink or judge your thoughts. Let them flow!



MORNING JOURNALLING PROMPTS

SET YOUR INTENTION FOR THE DAY

Start your day with more clarity and purpose.



Brain Dump: What's currently taking up space in my mind?

How can I start my day today to feel better and less overwhelmed?



AFTERNOON JOURNALLING PROMPTS

RESET & MANAGE OVERWHELM



Take a pause and check in with yourself in your busy work day. Use this time to reset your mind.

Breathe: What do I need in this moment to feel better?

What tasks can I delegate or remove from my plate?



EVENING JOURNALLING PROMPTS

REFLECT & RECHARGE



Unwind after a long day of meetings and business tasks. Celebrate your wins, acknowledge any challenges, and set yourself up for a restful, recharged tomorrow.

What were three wins (big or small) from today?

What's one insight or lesson I learned today?

How did I take care of myself today? If I didn't, how can I tomorrow?



Take a deep breath &
repeat after me:

I AM DOING ENOUGH.

I AM ENOUGH.

I CAN REST & BE SUCCESSFUL.

MY SUCCESS IS INEVITABLE.



AFFIRMATIONS TO AMPLIFY YOUR BUSINESS SUCCESS

Your mindset creates your success. These affirmations will help you release pressure, embrace rest, create success without burnout while cultivating more confidence and abundance into your business. Repeat them daily to remind yourself that when you take care of yourself, your business thrives effortlessly!

REPEAT AFTER ME:

I GIVE MYSELF PERMISSION TO SLOW DOWN AND BREATHE.

I TRUST THAT EVERYTHING IS UNFOLDING IN PERFECT TIMING.

I FOCUS ON PROGRESS, NOT PERFECTION.

I RELEASE WHAT I CANNOT CONTROL.

I AM ALLOWED TO REST AND STILL BE WILDLY SUCCESSFUL.

I AM WILDLY SUCCESSFUL.

I AM CAPABLE, RESOURCEFUL, AND RESILIENT.

I AM WORTHY OF SUCCESS WITHOUT BURNOUT.

WHEN I NURTURE MY MIND AND SLOW DOWN, MY BUSINESS THRIVES EFFORTLESSLY.

THE MORE I TAKE CARE OF MYSELF, THE MORE SUCCESS FLOWS TO ME.



Bonus: Askfirmations Meditation

I made a bonus audio for you! Your body and business thrive when you are in balance. These askfirmations will help you release stress, trust the healing process, and create deeper alignment between your body and mind. Download and listen to this audio anytime.

[DOWNLOAD AUDIO](#)

NEED MORE SUPPORT?

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Book a Complimentary Call!



Let's hop on a call and chat about how I can support you
— whether it's general nutrition guidance, gut health
support, or addressing root causes!

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