
Listening For Your Inner Hero's Whispers

A 7-Day Journaling Guide

Prompts for Pause and Reflection

by Catherine Sipher

Author of *Barely a Whisper: Poems from
the Heart of Woman Re-becoming*

www.catherinesipher.com

Welcome!

"I write to find the stories within that need to be witnessed and understood."



ABOUT ME

Catherine Sipher is a writer, poet, and remote piano teacher.

She is on a mission to empower people on their journeys of self-discovery and transformation by offering poetry and prose that gives voice to their struggles, celebrates their strength, and ignites their belief in their worth.

Outside of writing and teaching, she enjoys nature, practicing yoga, and spending time with her 6 children.

Perhaps you've felt that familiar whisper, a longing for more connection with your inner self. Maybe you've heard the echoes of an empowered version of yourself, your inner hero, and now want to rediscover that strength. Just like me, you might have felt lost, confused, and torn about what path to take next.

These journal prompts are designed to help you discover, understand, and release your inner hero, the one waiting to break free from the shadows. Through these questions, you'll discover valuable insights about yourself - your dreams, passions, interests, and perhaps a little healing.

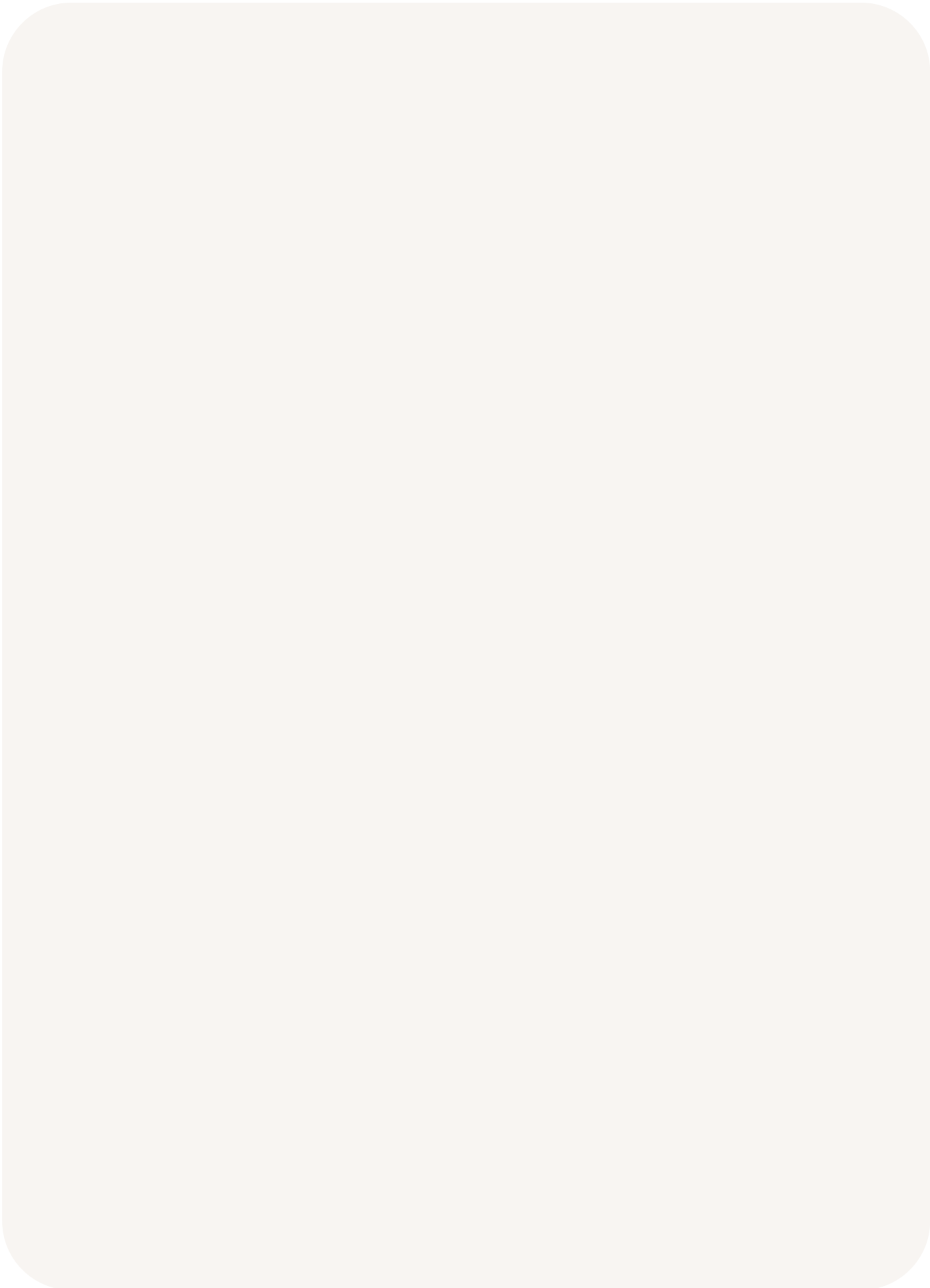
Catherine Sipher

Journal Prompts to Listen For Your Inner Hero's Whisper

Day 1

Before writing, take a few moments to breathe deeply or meditate to tap into your intuition. Aim to write for ten minutes without editing as you write. Write whatever comes into your mind without judging your thoughts. Keep your hand moving. The goal is to write your truth.

I look out the window and wonder....



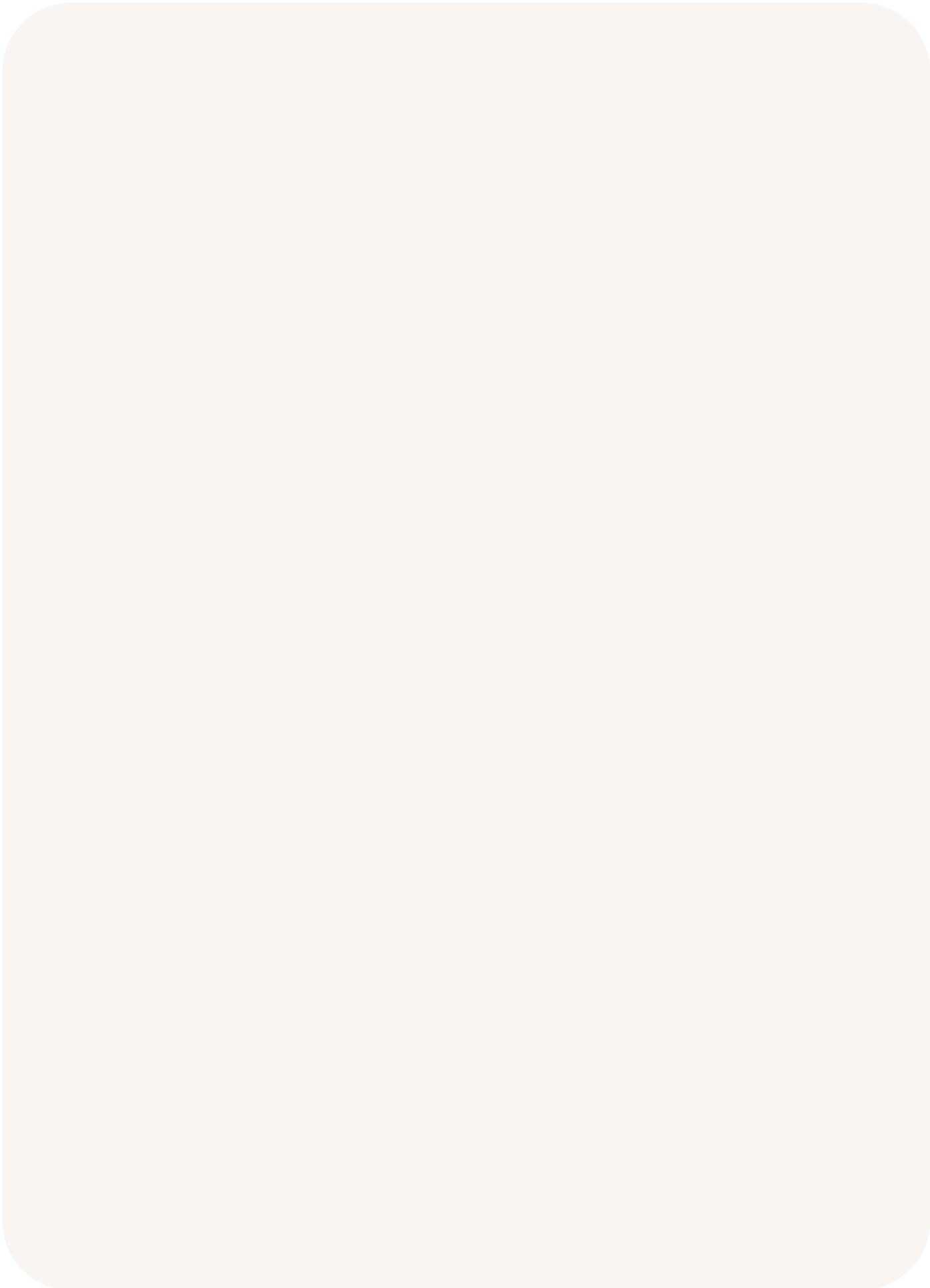
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Day 2

Before writing, take a few moments to breathe deeply or meditate to tap into your intuition. Aim to write for ten minutes without editing as you write. Write whatever comes into your mind without judging your thoughts. Keep your hand moving. The goal is to write your truth.

I feel most secure when... / I am most afraid of...



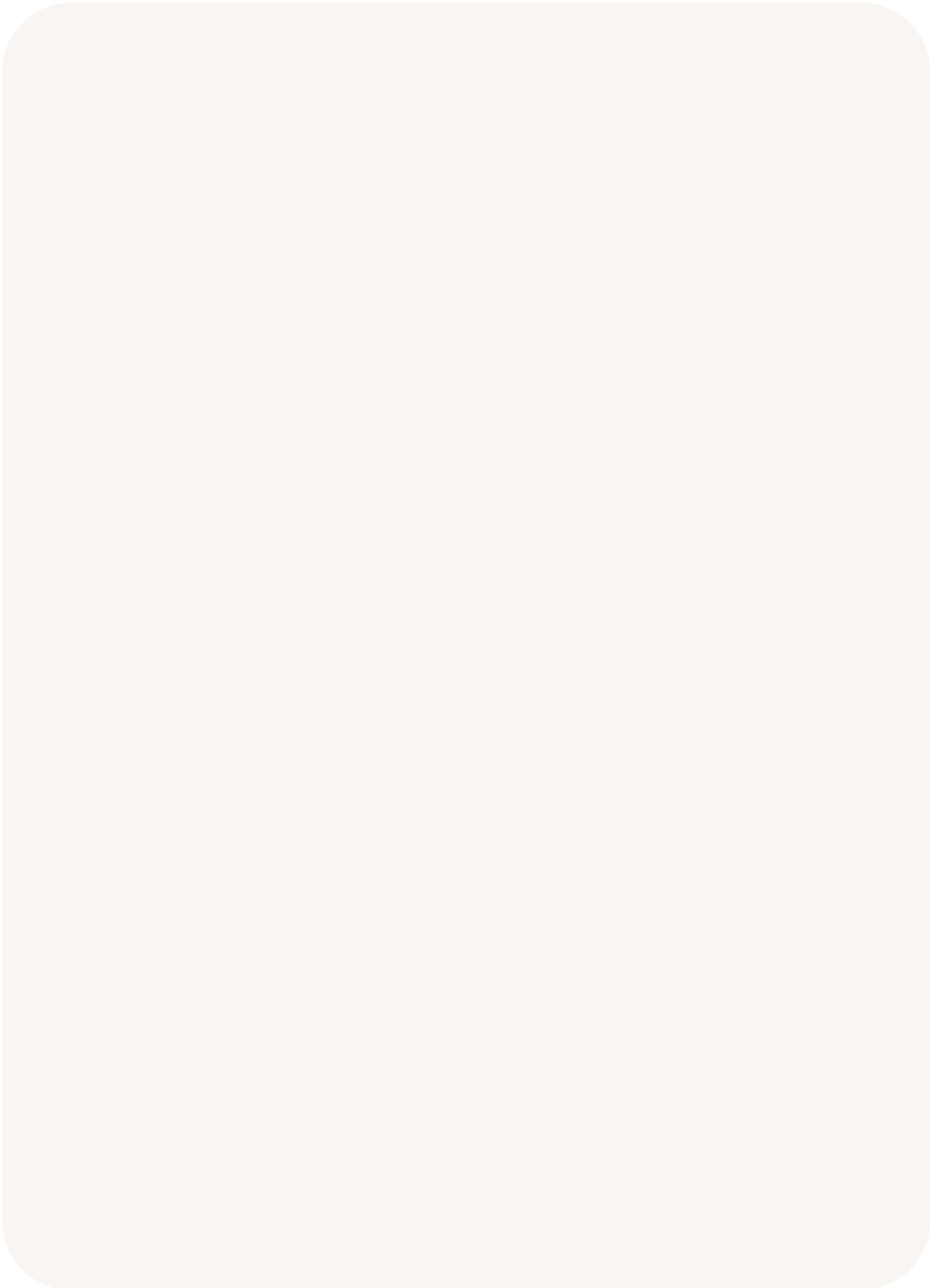


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Day 3

Before writing, take a few moments to breathe deeply or meditate to tap into your intuition. Aim to write for ten minutes without editing as you write. Write whatever comes into your mind without judging your thoughts. Keep your hand moving. The goal is to write your truth.

What I long more for than anything else is...

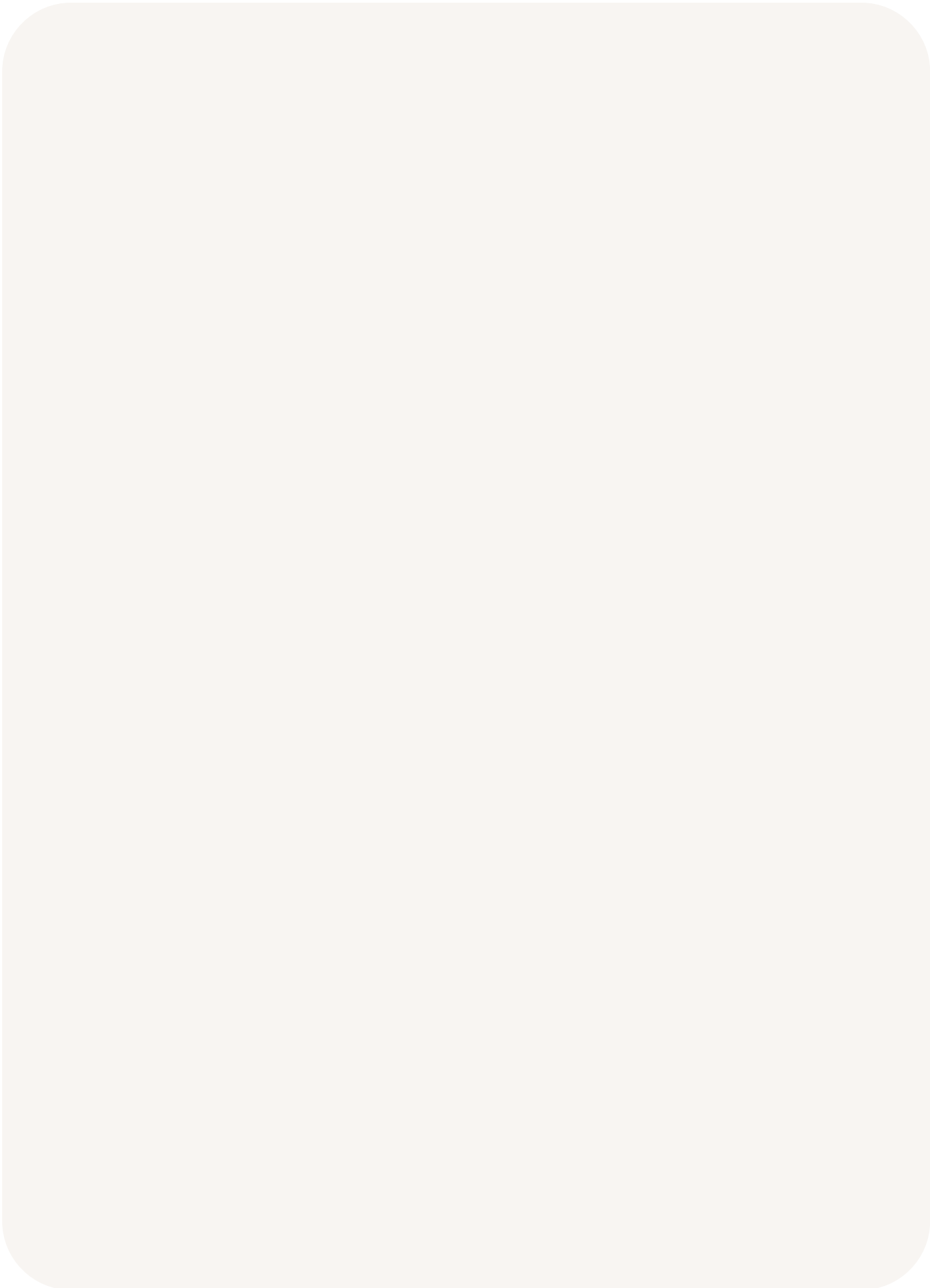


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Day 4

Before writing, take a few moments to breathe deeply or meditate to tap into your intuition. Aim to write for ten minutes without editing as you write. Write whatever comes into your mind without judging your thoughts. Keep your hand moving. The goal is to write your truth.

The thought I think the most is... / The thought I wished I thought the most is...

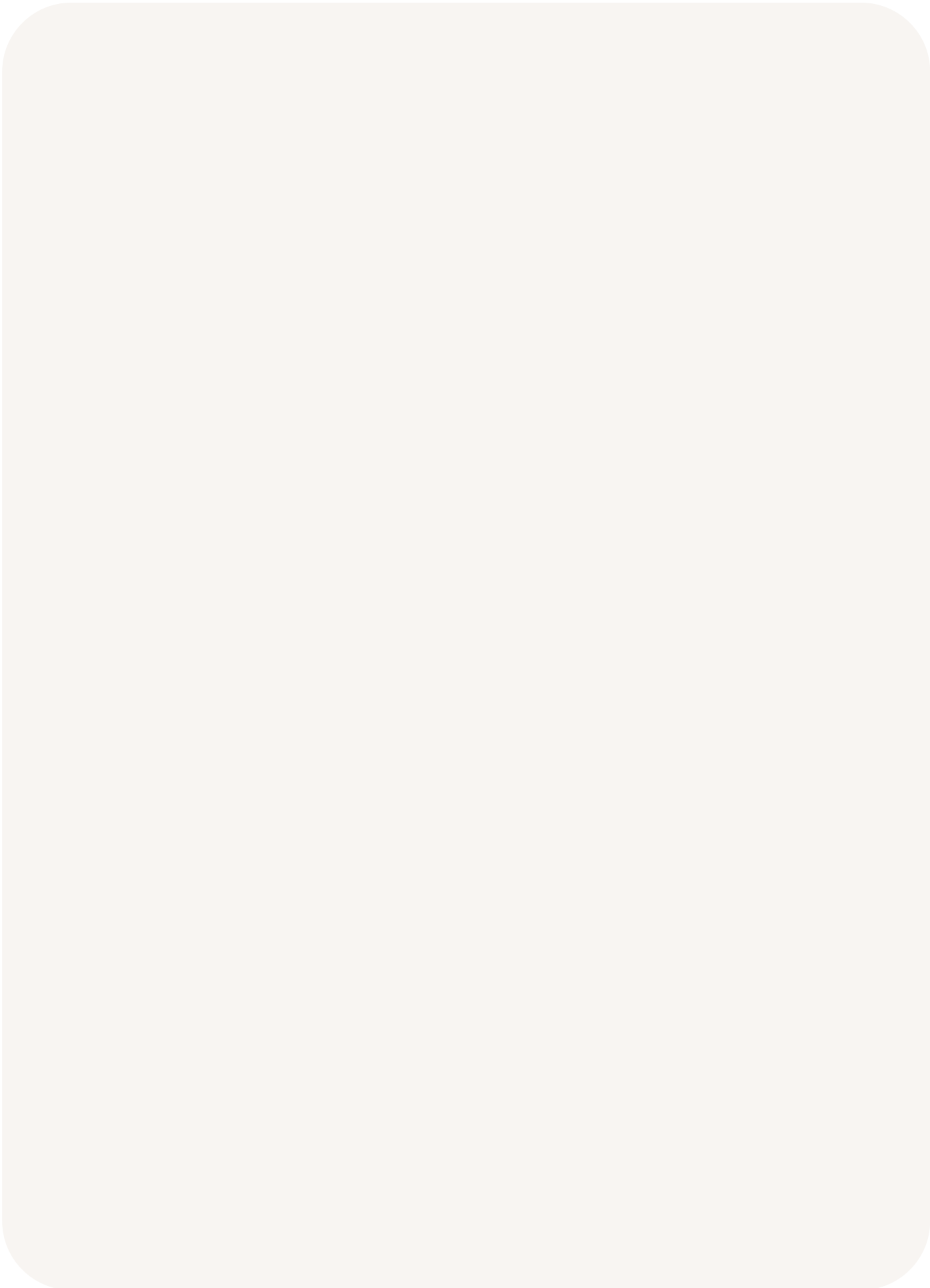


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Day 5

Before writing, take a few moments to breathe deeply or meditate to tap into your intuition. Aim to write for ten minutes without editing as you write. Write whatever comes into your mind without judging your thoughts. Keep your hand moving. The goal is to write your truth.

What a younger version of myself needs to hear is....

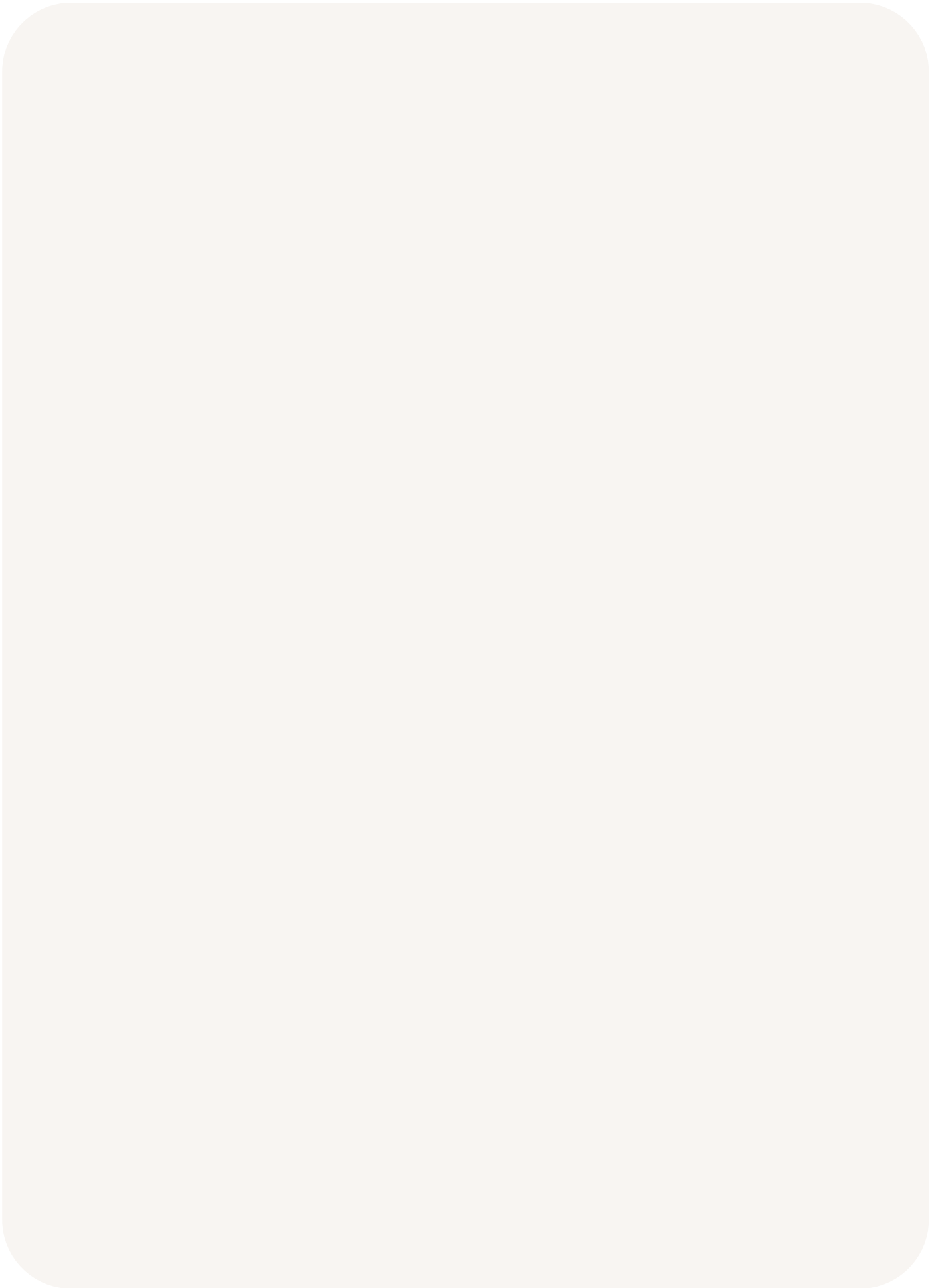


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Day 6

Before writing, take a few moments to breathe deeply or meditate to tap into your intuition. Aim to write for ten minutes without editing as you write. Write whatever comes into your mind without judging your thoughts. Keep your hand moving. The goal is to write your truth.

In 1, 5, 10 years from now, I want to be...

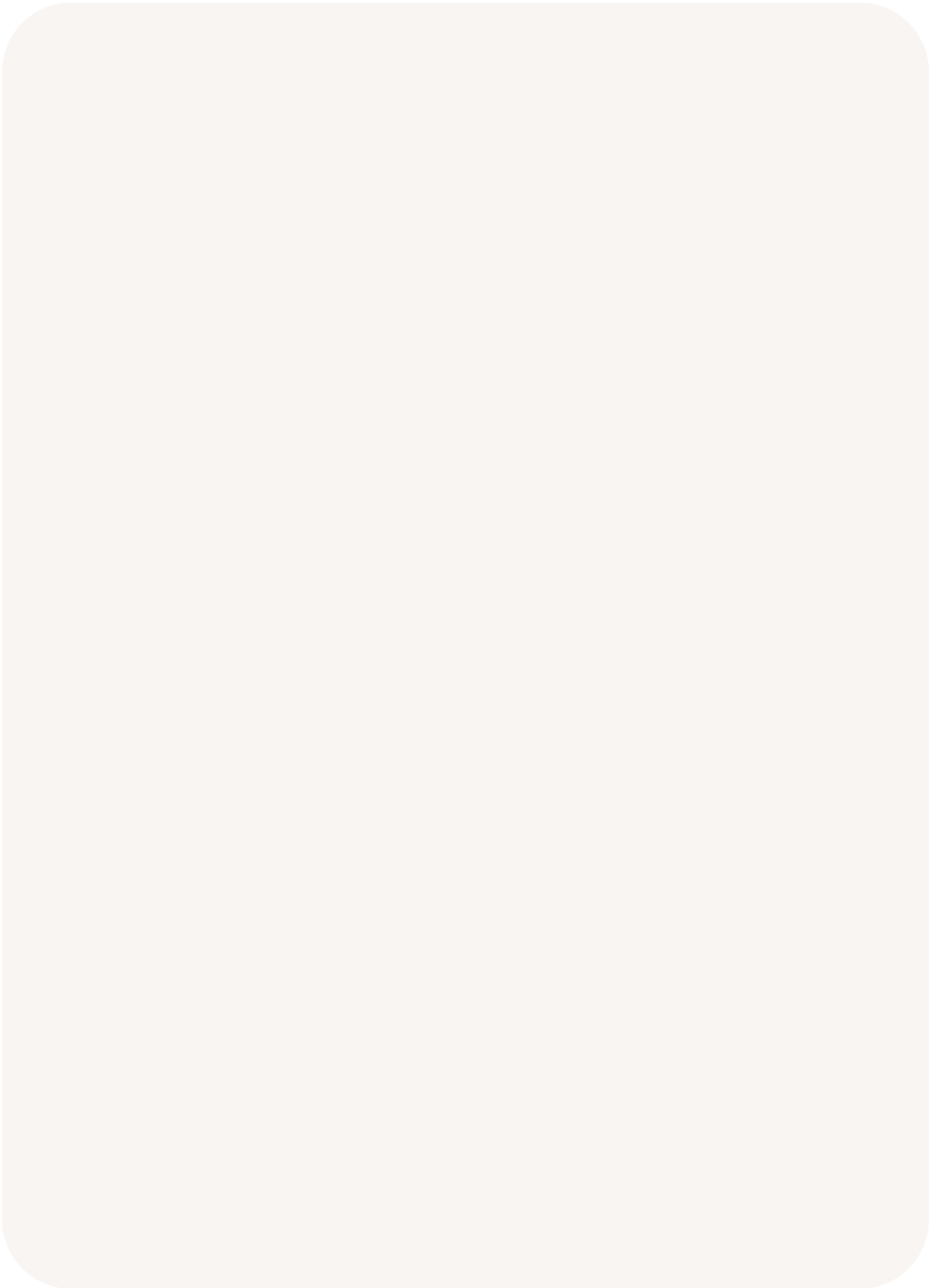


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Day 7

Before writing, take a few moments to breathe deeply or meditate to tap into your intuition. Aim to write for ten minutes without editing as you write. Write whatever comes into your mind without judging your thoughts. Keep your hand moving. The goal is to write your truth.

To create the life I want, I will need to...



Congratulations!

You've just completed a 7-day commitment to the practice of journaling as a way to pause, reflect, and listen to the whispers of your inner hero.

Just 10 minutes a day can make a world of difference. By dedicating a small amount of time to these journaling prompts, you'll be amazed at the insights and breakthroughs that emerge. Remember, there's no right or wrong way to journal. Simply let your thoughts flow freely and trust the process.

After completing these journal prompts, take some time to revisit your entries. Look for recurring themes, patterns, or action items that emerged. These insights can provide valuable insights as you continue on your inner hero's path of self-discovery and personal growth. **It's time to live beyond the whisper!**

Additional Resources:

Subscribe to my weekly emails for additional journaling prompts inspired by my personal journey and poems. www.catherinesipher.com

Purchase **Barely A Whisper: poems from the heart of a woman re-becoming** for a poetic companion in your journey to discovering your inner hero. www.catherinesipher.com

The two practices that taught me how to discover my inner hero came from **Julia Cameron's book, "The Artists Way" - morning pages and artist dates.** I highly recommend that book. However, you can learn more about the practices here. <https://juliacameronlive.com/basic-tools/>

Note: I am not a professional therapist or coach. I am simply a human who has made it past the age of 40 with my fair share of human challenges felt and experienced in my heart. The journal prompts I share are inspired by my poems, life, coaches, readings, and other general inspiration.