

JOURNAL



How to Revive Your Relationship or Leave Without Regret

For Women who are Not Done Yet

Angelika Christie ND

Chapter 1

Recall events in your childhood that affected you deeply in some way. If you can still remember them, they impacted your life maybe more than you realize.

Write what comes to mind in the following emotional prompts:

- Happy memories
- Painful memories
- Confusing or disturbing memories

Name: _____

Date: _____

Love & Prosper Journal

Recall events in your childhood that affected you deeply in some way. If you can still remember them, they impacted your life maybe more than you realize.

Write what comes to mind in the following emotional prompts:

Happy memories:

Painful memories:

Confusing memories:

Disturbing memories:

Chapter 1

Write what comes to mind in the following emotional prompts:

Chapter 2

Write what comes to mind in the following emotional prompts:

- What kind of Relationship are you in?
- What kind of Relationship do you want to be in?
- What kind of Relationship do you believe you should be in and why?

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Name: _____

Date: _____

Love & Prosper Journal

Write what comes to mind in the following emotional prompts:

Chapter 2 Prompts

What kind of
Relationship are you
in?

What kind of
Relationship do you
want to be in?

What kind of
Relationship do you
believe you should be
in and why?

Notes

Chapter 2

Write what comes to mind in the following emotional prompts:

Chapter 3

High Intensity Exercise

Write what comes to mind in the following emotional prompts:

What 'short and furious' or 'short and intense' kind of exercise do you feel attracted to? Even if you cannot envision anything short and intense now, think about what kind of exercise feels like fun for you.

Can you make it short and intense?

Explain:

Here is an example of what I like and recommended for decades as a health and fitness coach:

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Chapter 3

High Intensity Exercise

P.A.C.E is a system of a 4 minute high intensity training.

PACE
EXPRESS The 12-minute
FITNESS REVOLUTION



**"Re-Program" Your Body to Become
a Fat-Melting Machine**

[Follow P.A.C.E Technique Here](#)

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Chapter 3

Chapter 3

Write what comes to mind in the following emotional prompts:

Chapter 4

(Page 47 prompt)

Write what comes to mind in the following emotional prompts:

How can you turn yourself on?

How can you become more of the Seducer?

How can you show him that you:

- Love him?
- Want him?
- Need him?

Chapter 4

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Name: _____

Date: _____

Love & Prosper Journal

Write what comes to mind in the following emotional prompts:

Chapter 4 Prompts

How can you turn yourself on?

How can you become more of the Seducer?

How can you show him that you:

- Love him?
- Want him?
- Need him?

Notes

Chapter 4

Write what comes to mind in the following emotional prompts:

Chapter 5

Write what comes to mind in the following emotional prompts:

What is your idea of a Soulmate?

After reading this chapter, are you surprised or disappointed? Why? Explain

Are you willing to invite a soulmate into your life, even if it will challenge you?

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Chapter 5

Name: _____

Date: _____

Love & Prosper Journal

Write what comes to mind in the following emotional prompts:

Chapter 5 Prompts

What is your idea of
a Soulmate?

After reading this
chapter, are you
surprised or
disappointed? Why?
Explain

Are you willing to
invite a soulmate into
your life, even if it will
challenge you?

Notes

Chapter 5

Write what comes to mind in the following emotional prompts:

Chapter 6

Write what comes to mind in the following emotional prompts:

What are the annoyances that disturb your peace in your relationship?

List as many as you can find and leave room to add more later in your journal

Leave room after each annoyance to ponder on why this annoys you so much, and look at yourself to see if you have similar traits that you hide unconsciously?

Download the Affirmations and other bonuses and write about how you want to use them , or after using, how they affected your relationship positively (or not?)

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Name: _____

Date: _____

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Write what comes to mind in the following emotional prompts:

Chapter 6 Prompts

What are the annoyances that disturb your peace in your relationship?
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Leave room after each annoyance to ponder on why this annoys you so much, and look at yourself to see if you have similar traits that you hide unconsciously?

Download the Affirmations and other bonuses and write about how you want to use them , or after using, how they affected your relationship positively (or not?)

Notes

Chapter 6

Write what comes to mind in the following emotional prompts:

Chapter 7

Write what comes to mind in the following emotional prompts:

When your relationship is on the rocks, and you feel that it may be over, your journaling becomes even more important.

Write without censoring yourself in any way...but write from your rawness and spill your heart and soul into your journal.

The more you do it, the greater the therapeutic healing effect will clear some of the high emotions so that you get more clarity.

Leave ample space to come back and journal more over time

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Chapter 7

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Name: _____

Date: _____

Love & Prosper Journal

Write what comes to mind in the following emotional prompts:

Chapter 7 Prompts

When your relationship is on the rocks, and you feel that it may be over, your journaling becomes even more important.

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Notes

Notes

Chapter 7

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Chapter 7

Write what comes to mind in the following emotional prompts:

Chapter 8

Write what comes to mind in the following emotional prompts:

Write and test your “One True Sentence” do as many versions as you like...then over time clear out what does not feel true anymore. It takes time to get out of your habitual thinking and believing to your true and authentic self.

Practice, practice, practice

What are the responsibilities that you believe you have? (even though they do not feel good) It may be a sign that they are false responsibilities.

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Chapter 8

Write what comes to mind in the following emotional prompts:

Journal about your responsibilities and see what comes up.

- Obligation?
- Resentment?
- Covid Anger?
- Rage?

Write, write, write! >>>>

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Chapter 8

Name: _____

Date: _____

Love & Prosper Journal

Write what comes to mind in the following emotional prompts:

Chapter 8 Prompts

Write and test your "One True Sentence" do as many versions as you like...then over time clear out what does not feel true anymore. It takes time to get out of your habitual thinking and believing to your true and authentic self.

What are the responsibilities that you believe you have? (even though they do not feel good) It may be a sign that they are false responsibilities.

Journal about your responsibilities and see what comes up.

- Obligation?
- Resentment?
- Covid Anger?
- Rage?

Notes

Chapter 8

Write what comes to mind in the following emotional prompts:

Chapter 9

Write what comes to mind in the following emotional prompts:

Chapter 9

- Do the Inner Hero Meditation many times and journal what comes up for you?
- Listen to the Heroic Self Love Affirmations and work with it...journal

You can find the audio on the Bonuses Page
www.bonusesrelationshipptools.com

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Chapter 9

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Name: _____

Date: _____

Love & Prosper Journal

Write what comes to mind in the following emotional prompts:

Chapter 9 Prompts

Do the Inner Hero Meditation many times and journal what comes up for you?

Listen to the Heroic Self Love Affirmations and work with it... journal

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Chapter 9

Write what comes to mind in the following emotional prompts:

Chapter 9

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