

THE
EXPANSIVE
WOMAN PROJECT

AUTUMN JOURNALING *Guide*





WELCOME!

It doesn't get much better than autumn. It's a season of bright crisp days, beautiful colors, and fuzzy sweaters. And if all that isn't enough, we get pumpkins too!

This workbook will challenge you to think about change, letting go, and gratitude.

Enjoy!

Judy Sims

HOW TO USE THIS WORKBOOK

There are 10 weekly prompts in this book.

If a prompt doesn't appeal to you, skip it!
If a prompt sparks a new line of thought, follow it!
If you have a beautiful revelation, share it!

Questions?

info@expansivewoman.co

www.expansivewoman.co





LET'S GET STARTED

Read the weekly prompt.
Now take your time.

Stare out the window. Go for a walk. Give yourself
space for reflection.

Now scribble some thoughts. You can write in your
own physical journal, or you can type your thoughts
in the fillable pdf fields of this workbook.

As the week progresses, write some more, make
some edits, reflect again. Keep going.

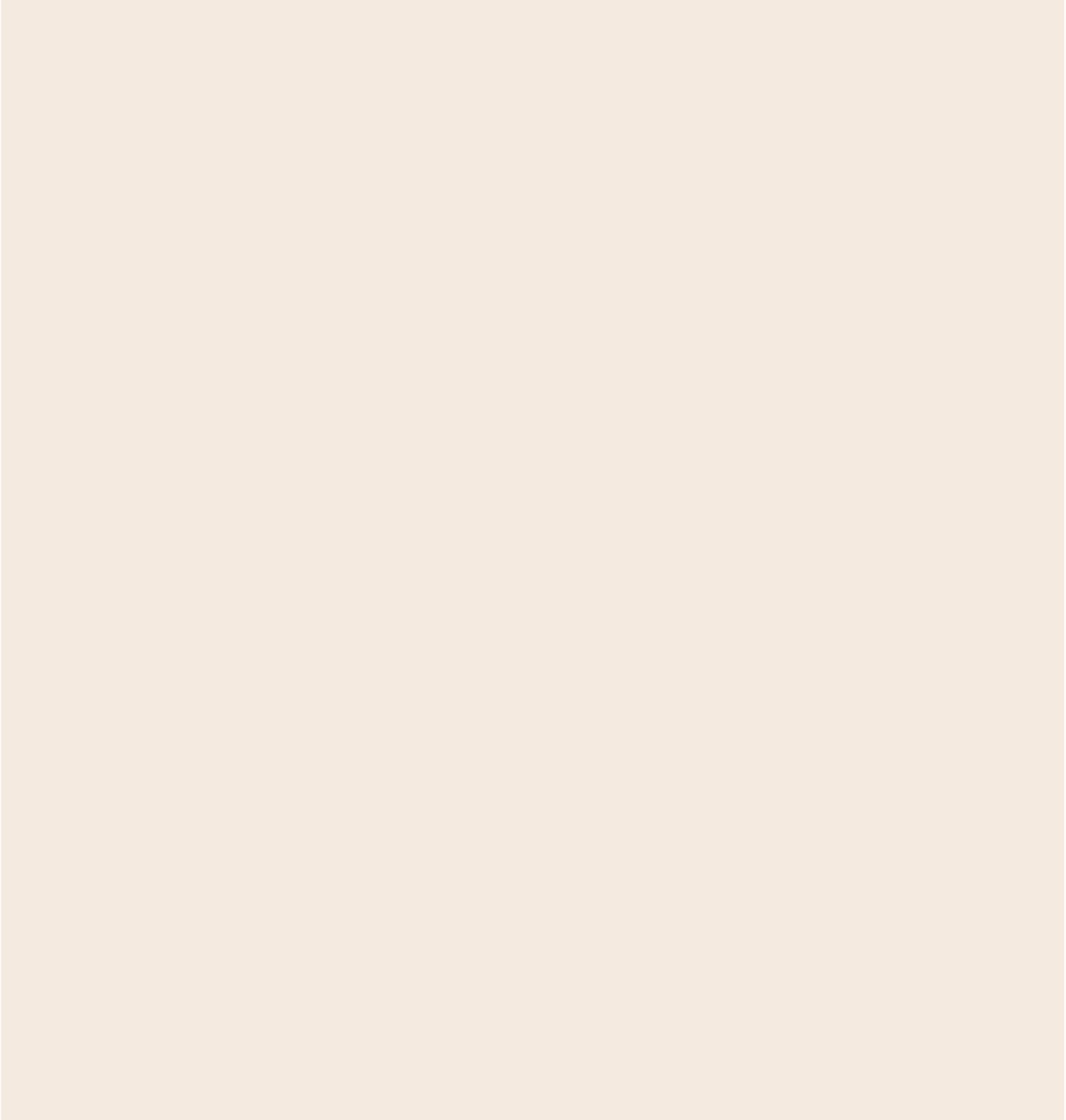
And remember...

*No judgement. No expectations.
Just let it flow.*



WEEK 1

How open to change are you? How has this level of openness affected your life for good or for bad?

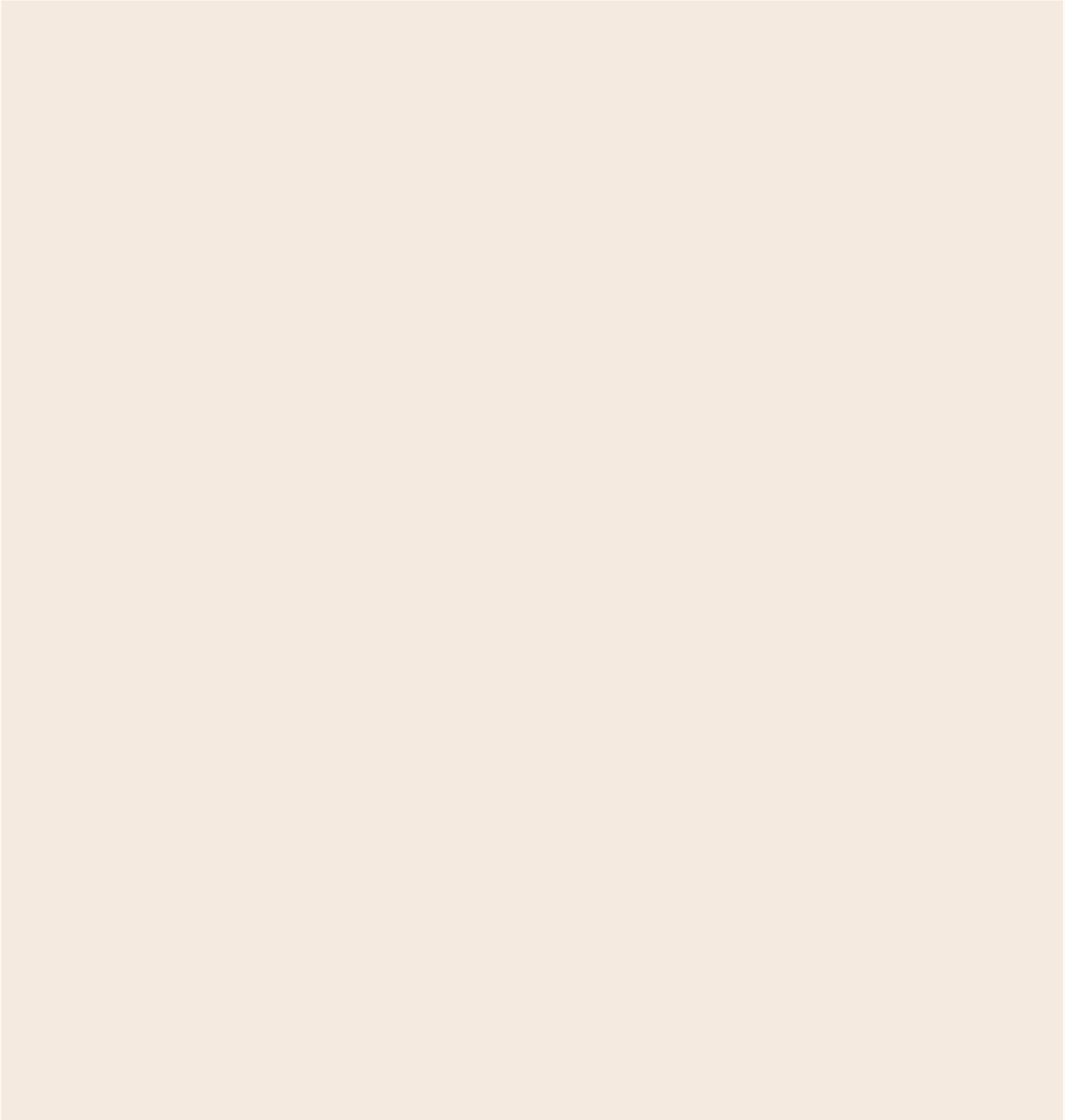


WEEK 2

Is there something or someone in your life that you need to let go of?

WEEK 3

Right here, right now in this moment, what are you most grateful for?



WEEK 4

Do you know how to say no?

How does it feel when you tell someone no?

A large, empty white rectangular area, likely intended for a student to write their answers to the questions above. The area is completely blank and occupies most of the page below the text.

WEEK 5

What does failure mean to you? What happens when you fail?
What do you tell yourself?

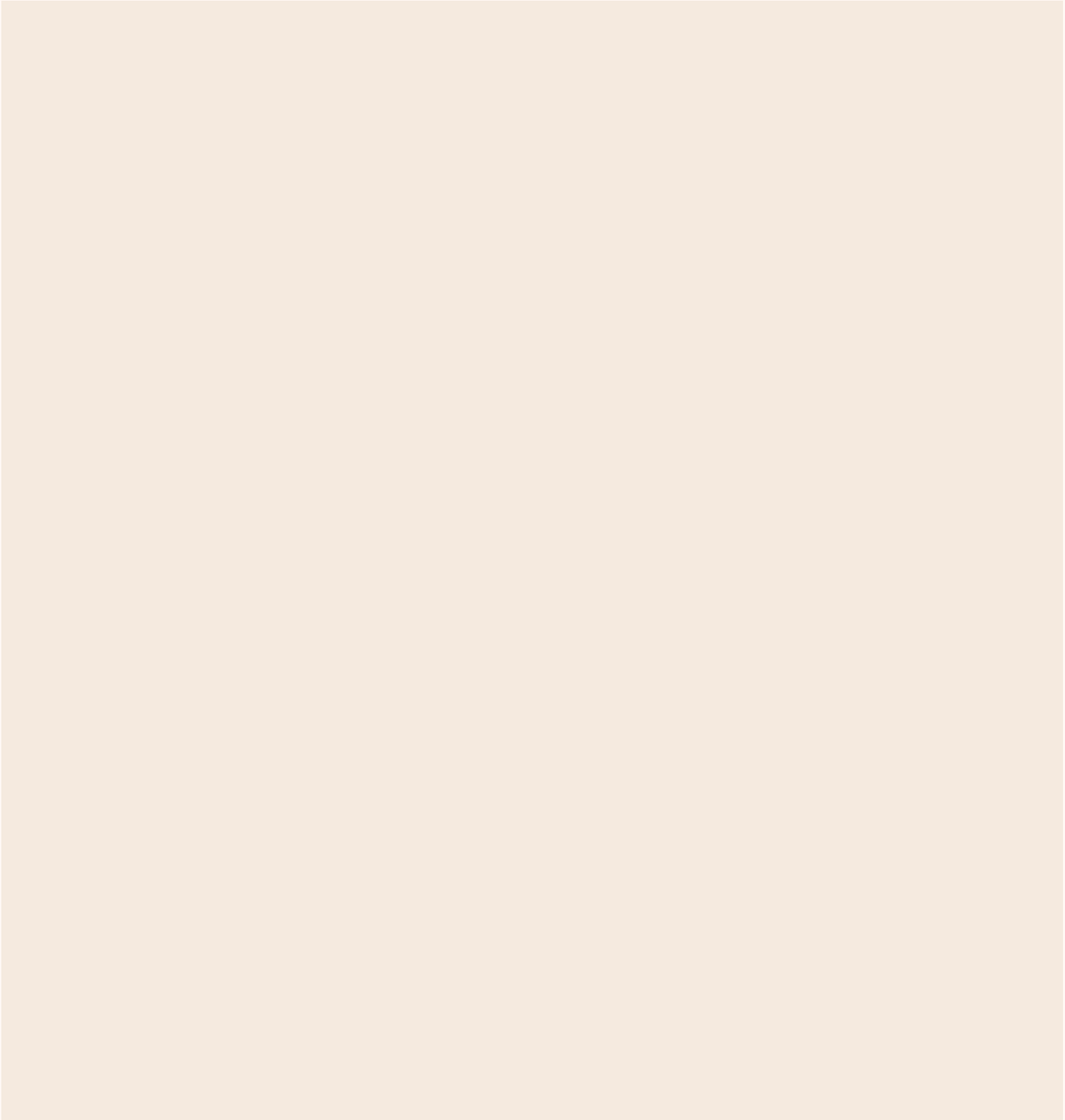
A large, empty, light beige rectangular area intended for writing or drawing, occupying the majority of the page below the text.

WEEK 6

What action are you currently avoiding?

WEEK 7

Look back at last week's calendar. how often were you doing the things you want to do?



WEEK 8

Why did you choose your career? Was it the right decision?

WEEK 9

What have you put on the back burner? Should it stay there? Should it be eliminated? Or should it move to the front burner?

A large, empty, light beige rectangular area intended for writing or drawing. It occupies the majority of the page below the question.

WEEK 10

Looking back over the autumn, what have you learned about yourself?

A large, empty white rectangular area for writing, framed by a light blue border. It occupies the majority of the page below the question.

MORE FROM THE EXPANSIVE WOMAN PROJECT



Discovering Your Expansive Self

Get unstuck and design the life you were always meant to live.

Understand what got you to this place in your life. Discover your purpose, mission and vision for your life. Harness the incredible power of "I can, if..." to achieve your dreams. Create your Big Plan and put it to work.



Overcoming Imposter Syndrome

What if you could feel confident and authentic every day at work?

By understanding the root causes of your Imposter Syndrome, you will break the pattern of self-doubt and sabotage that has been holding you back. Become the fullest expression of your powerful, expansive self.