



SOUL HEALING

sim SOULMED

A GUIDED JOURNAL FOR BLACK WOMEN
TO HEAL MIND + BODY + SOUL

SOMETIMES YOU NEED A PLACE TO HOLD YOUR MEMORIES.

This journal is your place to hold your memories and discover yourself.

On the following pages, you will find questions guiding your journey to discovering your true self.

Take your time with each prompt. Don't rush the answers. Each question or journal prompt is meant to be answered during a 5-day week, so pace yourself. Don't rush through them. Trust the process and listen to your soul. Get curious and use the blank pages to write your thoughts.

Remember this:

- This is your moment, and you can choose how you experience it.
- The most revolutionary thing you can do for yourself is love.
- Being honest and transparent with yourself is required for true healing.

SOULMED

WHO AM I?

JOURNALING INSPIRATION | LISTEN TO INTERLUDE 5 ON LAURYN HILL'S MTV UNPLUGGED2.0

We all believe we know ourselves, but do we?

For the next week, explore how you developed your beliefs about yourself and your identity. On the following pages:

- List life experiences that have shaped who are today. You should be able to connect a life experience to a behavior, value set, or pattern of thought close to your identity today.
- List connected values or beliefs you hold because of these experiences.
- Do these beliefs and values still serve you today?
- Are they aligned with the person you want to be?
 - If not, why are you still holding on to them?
 - If so, are you practicing them in your daily life?

WHO AM I?

JOURNALING INSPIRATION | READ NOT ENOUGH FROM

THE MESSAGE: 100 LIFE LESSONS FROM HIP-HOP'S GREATEST SONGS (2007) BY FELICIA PRIDE

The words people say, how they treat us through their actions, and how we identify affect our identity. These things consciously and unconsciously influence how we view ourselves.

This week, consider how the things that have been said about you have impacted how you see yourself.

First, make a list of the most important relationships in your life.

Second, consider the words of affirmation, the criticisms, and the overt and covert actions of these people toward you. What have these things consciously or unconsciously taught you about yourself?

Third and final, determine if the things you know to be true about yourself align with what they've said or how they've treated you. Then determine how you will honor who you are in a relationship with them.

WHAT'S MY LIE?

JOURNALING INSPIRATION | READ BEING OF POWER | (2013) BY BARON BAPTISTE

Example of a lie: My mother and father didn't want me and emotionally abandoned me. No matter how hard I tried to love them and be who someone they loved, they never gave me the love.

- My lie is that I am not lovable.
- My lie led me to sleep with men I didn't like to get their love.
- My lie also produced an ambitious spirit that helped me succeed professionally.

During the next week, work to define your lie by answering the following questions:

- What's your lie?
- What positive fruit has been born from your lie?
- What harmful fruit has been born from your lie?

WHAT'S MY LIE?

JOURNALING INSPIRATION | READ BEING OF POWER | (2013) BY BARON BAPTISTE

Now that you've defined your lie and how it has helped shape who you are, it is time to defy it.

You defy your life by:

- Releasing the lie. and creating an affirmative statement that goes against your lie.
 - Example: The lie that I am giving up is I am unloveable.
- Creating an affirmative statement that goes against your lie.
 - Examples:
 - **I AM LOVEABLE.**
 - **I DESERVE LOVE.**
- Reciting your affirmation daily and honoring it in word, action, and deed.
 - Write out a few ways you can honor your new way of being.

IDEA: Purchase transparent sticky notes. Write your affirmations on them and put them in different places. Recite them as needed.

WHAT DO I LOVE ABOUT MYSELF?

JOURNALING INSPIRATION | LISTEN TO HOLY (2016) BY JAMILA WOODS

It's easy for Black women to identify as the roles we hold in life or ignore what makes our hearts sing sweet lullabies. We wrap ourselves in the humdrum of life and quickly forget what we love or what makes us happy, absent from the people we love and cherish.

Use the following pages to:

- Write out the things you love about yourself. Your answer should not include things that connect to anyone else - just you. The bullets below are examples of an answer that is aligned with this prompt and one that is unaligned.
 - Aligned answer: I love the softness of my skin.
 - Unaligned answer: I love spending time with my kids.
- Find a way to honor each thing you love about yourself for the next week.

WHAT BRINGS ME PEACE?

JOURNALING INSPIRATION | LISTEN TO FREE MIND (2022) BY TEMS

Somatic therapy is a form of body-centered therapy that looks at the connection between your mind and body. We tend to feel tension in our bodies when stressed and not at peace.

This week, consider how your body influences your mind by noting how your body feels when you are most at peace.

Each morning before you get out of bed, during the day, and when you go to bed at night, notice where there may be tension in your body.

Ask yourself:

- Where do I feel tension in my body?
- What may be causing the tension I feel?
- How can I address the root cause of the tension?
- What can I do to be at peace?
- If there is no tension in your body, note what you've done to feel at ease. How can you replicate this to feel more at peace?

Use the following pages to document your week and uncover what brings you peace.

WHAT BRINGS ME PEACE?

JOURNALING INSPIRATION | LISTEN TO DEAR BLACK WOMAN: DAILY MEDITATION MIXTAPE
(2022) BY SOULMED HOLISTIC HEALTH COLLABORATIVE

Meditation, mindfulness, and breathing are techniques used in somatic therapy.

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness and achieve a mentally clear, emotionally calm, and stable state.

Guided meditation allows you to be guided by someone else. The guide helps you drum up some specific mental imagery and walks you through a series of breathing exercises or mantras to help you practice meditating.

This week, use the BREATHE meditation from *Dear Black Woman: Daily Meditation Mixtape* to help guide you to a peaceful state.

Document how you felt before and after meditating.

Access the recording at <https://soul2soles.co/dearblackwoman3>.

Password: SOULSISTA (case sensitive)

GOOD MORNING GORGEOUS

JOURNALING INSPIRATION | LISTEN TO DEAR BLACK WOMAN: DAILY MEDITATION MIXTAPE
(2022) BY SOULMED HOLISTIC HEALTH COLLABORATIVE

Look at you shining bright in your melanin magic.

As you start your day, remember you are a Black woman born from a long line of strong, powerful Black women. Live boldly.

Show up for you in a way that makes others wonder how you have the temerity to live so freely.

Go fuck this day up!

ABOUT THE AUTHOR

When determining the motivation for pursuing wellness, holistic health coach Brandi Williams' central question to her clients is simple, clear, and powerfully transformative: 'What do you want for your life?'

Brandi helps Black women explore this inquiry to achieve enlightenment about their power to self-heal and self-preserve. She helps guide them to know more about their bodies, reverse adverse health effects, and lead longer, more joyful, and productive lives.

Williams' passion for helping Black women achieve health and wellness is deeply rooted in her struggle with anxiety, depression, and insulin resistance in the form of pre-diabetes. She's been very vocal about her health challenges, especially the negative and limiting impacts of mental health on overall health and wellness.

A community activist at heart, Brandi has witnessed these same challenges in the black community and is dedicated to creating a legacy of health for the Black community that will change the trajectory of health outcomes for Black people.

SOULMED

WWW.SOULMED.CO

SOULMED