



THE ART OF BECOMING ME

# JOURNEY TO WHOLENESS



Where we observe, reflect and create daily.



1. Start small. Just 5 minutes, set a timer, you don't need to write pages. This is all about **consistency** not volume.
2. Create a Journaling Ritual. Pair it with something you do daily like morning coffee, after a walk, or before bed.
3. Use the prompts to give your thoughts direction and to make starting easier.
4. Keep Your Journal visible. Leave it on your bedside table or desk. Remember, out of sight = out of mind/habit.
5. No rules, no "right" answers. Make it safe and judgement free. This is your space to reflect, release, and reconnect to your inner knowing.
6. Celebrate the habit, not the outcome. Even one-line counts. Celebrate yourself for showing up, not for how profound the entry is.
7. Use a digital app or voice notes if paper feels hard. Journaling can be whatever is most aligned. Make it work for you.
8. Anchor it to your "Why". Remind yourself why you want to journal: mental clarity, emotional release, mindset growth, behavioural change etc



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## Additional Prompts

What shift in my being, am I most proud of this month?

What wisdom am I carrying forward into the future?

Answer one or two prompts together if you miss a day.

Keep it gentle, there's no behind in journaling.

Revisit your favourite prompts anytime.

Shannon is a trauma-informed, somatic wholeness coach dedicated to supporting men and women to navigate life's transitions with compassion, clarity, and courage.

As someone who has felt buried under the responsibilities of balancing motherhood, careers, business, relationships and separation, along with burnout and disconnection, I know the power of tuning in, slowing down to connect and choosing joy over chaos.

I help clients focus on growth from the inside-out approach through somatic, emotional, mental including mindset shifts, behavioural and unconscious work to support deep transformation.

Our work together isn't about fixing you; it's a partnership on resourcing you to feel safe, seen, heard and supported while stepping into coming home to yourself through growth and transformation fully embodied.

If you are struggling with finding yourself in all the roles you are playing, I would love to partner with you create balance, nurture meaningful connections, and live in alignment with what you truly desire.

It's time to reconnect with your own truth, desires and wisdom that works for your unique life.

Let's create space for your wholeness—one grounded emergence at a time, schedule a clarity call.

SCHEDULE A TIME FOR YOU!

<https://calendly.com/theartofbecomingme>



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