

Tournaling Through Fear

A guided space for transforming fear into clarity, strength, and healing

By: Nova Jeanius



This journal is your sacred space to release fear, explore your emotions, and reconnect with your truth.

Let it be honest. Let it be raw. There's no right or wrong—only presence.

Before you begin, pause and breathe.

Mini Intention Ritual:

- Place your hand on your heart
- Say: "I am safe to feel. I am ready to heal. I trust my process."
- Begin when you feel ready.

Write down how that made you teel below.				

Journaling Through Fear DATE: /

Use these prompts to gently uncover and release the energy of fear. You can write a sentence, a paragraph, or a page—whatever comes through is perfect.

What fear am I feeling right now? Where do I feel it in my body?		
What is this fear trying to protect me from?		
What limiting belief might be hiding beneath this fear?		
If I could speak to this fear with love, what would I say?		

Journaling Through Fear DATE: / /

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What would it feel like to release this fear completely?
This space is left blank for your reflection

Affirmations for Courage & Self-Love DATE:

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Affirmations to Rewire the Mind and Open the Heart Repeat these aloud and write down where you feel these affirmations in the body.

I am safe to feel and release this fear.
I am worthy of love, even when I feel afraid.
I am stronger than my fear.
My spirit is powerful.

Affirmations for Courage & Self-Love DATE:

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Each breath I take brings me peace.			
Write the one that resonates most three times, then close your eyes and breathe it in.			

Release, Reflect, Reclaim

Use this page to write freely. Let go of structure. Let your heart lead. This is your space to:

- Release what you're holding
- Reflect on what you've learned

Keclaim your truth and power

Continued	