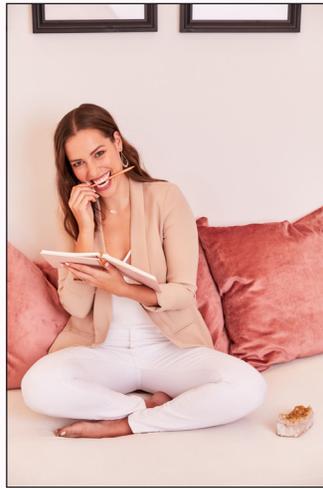


16 JOURNALING PROMPTS TO
**LAND THE CAREER
OF YOUR DREAMS**



Hello Gorgeous Soul!

YOU DID IT! By taking action and downloading these thought-provoking journal prompts, you've put yourself in the perfect position to start manifesting the job of your dreams. Journaling has always been, and still is, my tried and true method to getting crystal clear on what I want and actually creating a plan that will give me the RESULTS I've been dreaming of. These empowering questions are not just a way to get clear on what you really want, they're a way to build a blueprint that is going to actually allow you to start taking action toward your dream job today.

Are you ready to start manifesting your dream job?!

Find a quiet space with no distractions, grab a journal, light some candles, play some high-vibe music, and create the most aligned year of your life :)

To Your Massive Success,

Kathryn Jenkins

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1. Imagine you are on a deserted island, with nobody around you. Imagine that this deserted island has no concept of time. You do not know what year it is, you have no concept of the past because it has been completely wiped out, and the future is a portal to infinite possibility. You have no relationships on this island. You do not have any friends, family, husband, wife or children. Money is no object, it's just you and this island. Absolutely nothing from your past is holding you back, and anything in the future can happen in an instant. On this island, you can choose to create anything, and everything is possible. If you could be, do or have anything, what would your life look like? What impact would you make?
2. What is it exactly that you want out of a career? (if you don't know what you want yet, start backwards by listing what you don't want and then flip those into their opposites to reveal what you do want)
3. What are you here to create? For what purpose?
4. What are you passionate about? What brings you joy, regardless of pay?
5. If money were no object and you could do absolutely ANYTHING you wanted, what would your dream day look like? How would that make you feel?
6. How do you want to FEEL in your ideal work environment?
7. What kind of environment do you see yourself working in on a daily basis? With a small or big team? Owning a business or being a part of a team? In a corporate office or at home?

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8. Up until this point, what challenges have stood in your way of manifesting your dream job?
9. Where are you in relation to your dream job right now? What action can you take today to move one step closer to your dream job?
10. What will you lose if you do not take action?
11. Who do you need to be to manifest your dream job?
12. What do you know you have inside you (drive, tenacity, resourcefulness, creativity, commitment) to manifest your dream job?
13. Do you know anyone (google search) that is working the job of your dreams? What characteristics do you think they have that made them successful? Take whatever resources you come up with and add them to your list of resources above.
14. How will you hold yourself accountable when taking action toward your dream job?
15. How will you feel when you wake up realizing you've manifested your dream job?
16. How will you celebrate when you manifest your dream job?

INTENTION SETTING PRACTICE TO
**LAND THE CAREER
OF YOUR DREAMS**



Every time I embark on a new journey, I buy a brand new candle and set intentions for what I want to manifest out of the next level of my life.

This is the practice I especially love taking my team through when we set out on a new project or are about to begin another launch. We all buy candles and have a candle lighting ceremony together!

This is one of my most powerful intention setting practices that will give you the support of the entire Universe as you work to manifest the career of your dreams!

Kathrin Zankina

INTENTION SETTING PRACTICE TO
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To do this properly, you just need a few tools:

1. A candle (preferably one that's in a glass jar, so it's not messy, and one you feel comfortable leaving lit for a few days straight. We love the intention candles they sell at House of Intuition).
2. A lighter to light the candle
3. Sage*, Palo Santo*, Florida Water, whatever cleansing agent you have access to. If you don't have any of these, no worries. You have the ability to cleanse using your own intention. Just visualize green light surrounding yourself and your candle during the cleansing part of the ceremony.

*A note on Sage and Palo Santo: Please make sure that if you are using White Sage or Palo Santo that is ethically sourced. There have been arguments floating around on the interwebs that Palo Santo and White Sage are endangered. I have personally chosen to not buy any more for my own practice unless I know FOR SURE it comes from a source that grows it themselves and supports the indigenous tribes who rely on these as part of their cultural practices. If you know of trusted sources, feel free to share with the MB community! Florida Water is available in abundance as well as your own ability to cleanse using intention. Another alternative is using pure sage oil mixed in a bottle with water and sprayed. Side benefit: no smoke!

INTENTION SETTING PRACTICE TO

LAND THE CAREER OF YOUR DREAMS

How to do the intention setting ceremony:

1. Go to a place where you know you won't be distracted for at least 15-20 minutes.
2. Put your candle in front of you along with the lighter, cleansing agent, and a piece of paper that's big enough to write your intention on.
3. Grab the cleansing agent and cleanse your surrounding space. That includes you, the room you're in, and especially your candle since it for sure picked up on a ton of energy by the time you brought it home from the store! If you are using your own intention to cleanse, just visualize green light surrounding you, your candle, and the entire room.
4. Do a short 5 minute meditation to help you access your intuition and get clear on what message you want to send to the Universe regarding your dream job. If you're feeling lost or unsure of what you want, you can set an intention to find clarity in that area of your life. It can also be a specific job you want to attract, an interview, a personal connection with someone who will support your journey, or even something you want to let go of. The intention you choose is entirely up to you. Just remember to choose what you REALLY want because this is what will be put out into the Universe!
5. Write your intention down on a piece of paper.

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6. Say this prayer out loud while filling in the blanks with whatever is appropriate for your personalized intention:

_____ (God, Angels, Universe, Source, Energies of the Highest Good), thank you so much for bringing me this beautiful opportunity to start living out my ideal purpose and doing what it takes to pursue the career of my dreams. I promise to commit myself to transforming my mind, and aligning my soul with my purpose at my 150% effort. In return, I thank you for guiding me, giving me what I need, and blessing me with all the opportunities that are available to me right now. I know and I trust that as I take each step, each day, and each week, you will have even more magic lined up for me than I can even imagine right now. I have faith that though I don't know how yet, everything will unfold for me in perfect divine timing, I surrender the How, the When, and the Where and leave those details up to you. What I am committed to is trusting in this process and knowing without a shadow of a doubt that the career I'm meant to pursue will unfold for me perfectly in my favor. I thank you for all the support I need in order to manifest my intention which is _____. I intend on this or something better, for the Highest Good of ALL involved. Thank you, thank you and thank you. I trust that it is already DONE.

7. Once you've said your prayer, light your candle.

INTENTION SETTING PRACTICE TO
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with Kathrin Zenkina

Keep this candle lit at ALL TIMES until it goes out completely on its own. This may take up to 5 days depending on the size. Since safety is OH SO important, please don't leave your candle unattended, burning on its own somewhere in your house. Whenever you are home make sure it is somewhere where you can see it. I love having my candle near me so that I can feel its intention in my presence whenever I am working or hanging out at home.

Now, don't worry! You're not expected to babysit the candle 24/7 since I know that's not a viable option. When you are sleeping or leaving your home, put the candle in a bowl of water and put the candle inside your shower or bathtub with NO WAY of it touching ANYTHING that can set on fire. That way your candle is still burning, but if anything happens, it'll just fall into water or burn out on its own in the shower if it happens to tip over.

If you MUST give your candle a break from burning (for instance you are traveling or don't feel comfortable keeping it lit) do NOT blow it out... SNUFF it out. Blowing it out blows out the intention. Snuffing it just gives it a pause. With every time you re-light your candle, just focus on your intention again as you light it. No need to repeat the prayer again!

That's it! Once your candle is out, just trust that your intention is out there, doing its thing, and bringing back everything you need to manifest it.

And the piece of paper that your intention is written on? Hide it from yourself. Put it in a drawer, inside a notebook, or somewhere where you don't actively obsess over it. As you work to manifest the career of your dreams you can revisit this intention and remind yourself WHY you're embarking on this journey. You'll be AMAZED at what you find!