



Connect To Your Inner Guidance System

A Guide To Strengthening Your Connection
For Confident Choices

Journaling is a journey into your heart, making it an ideal tool for developing your inner guidance.

We've often been taught to look outside ourselves for direction and to neglect our true needs. However, journal writing provides a safe and effective way to reconnect with yourself and your truth.

Journaling is an effective empowerment tool to help you work through problems and emotions - to move you towards positive change.

With the right techniques, journaling cultivates trust in your inner guidance system, creating a reliable source of support and clarity - whenever and wherever you need it.

★ Only you can truly know what you want and what's best for you.

★ Only you can process and respond to your feelings.

★ You have the power to design the life you desire.

★ You have the ability to make the changes you need.

Write down what you want to do, and you'll set it in motion.

Journal about anything you dislike in your life.

If your work brings you distaste, it's time for a change.

If a relationship makes you feel bad, journal about it to work through it, change it, or move on.

Listen to the messages your inner guidance sends you.

If you feel stuck, seek support and take action to change.

If things are flowing effortlessly, pay close attention to the signs and synchronicities.

INNER GUIDANCE PROMPTS

Questions unlock deep insights from your subconscious mind and your higher self.

Writing prompts for self-care...

- ❖ How do I feel right now? Why? What do I need?
- ❖ What is my body telling me?
- ❖ What gives me energy?
- ❖ What drains my energy?
- ❖ How can I nurture my mind, body, & soul?
- ❖ What am I allowing that is keeping me from supporting myself?

Writing prompts to create a life you love...

- ❖ What do I want? What am I embracing?
- ❖ What don't I want? What am I releasing?
- ❖ What changes do I want to make?
- ❖ What would my ideal life look and feel like?
- ❖ What am I grateful for?
- ❖ What am I working on?
- ❖ What is causing stress?
- ❖ What am I worried about?
- ❖ What do I need to do to best take care of me and my life?
- ❖ What am I craving?
- ❖ What do I want to do today, this week, this year?
- ❖ What are my passions?
- ❖ What brings me joy?
- ❖ What do I love to do?
- ❖ What are my dreams and desires?
- ❖ What (belief/behavior) is holding me back that I need to release?



When someone tells you what you "should" do, pause and ask yourself these questions, then journal your responses.

These questions are also valuable when your inner critic starts with the "shoulds."

- ❖ Is this true?
- ❖ What is true for me?
- ❖ Are they taking the time to get to know me?
- ❖ Is this just about them?
- ❖ How does this feel to me?
- ❖ What is best for me?
- ❖ What feels good to me?

You can come back to this exercise over and over again when you need to check in on your true feelings around a situation.



Final Reflections...

The Core Emotional Healing® process is your pathway to a deeper connection with your authentic feelings, intuition, and inner guidance, guiding you to what is truly best for you.

As your soul comes into alignment, health and happiness become your natural state. Embracing your truth allows you to live your purpose, experience joy and bliss, and make a meaningful contribution to the world. This alignment is a source of profound joy and a powerful service to all.

With love,

Elicia



Elicia Woodford is the Founder of Core Emotional Healing® and a leading Inner Child Expert. As a nurturing guide, Elicia transforms lives by helping individuals break free from chronic symptoms, restrictive diets, and deep-seated emotional patterns.

Having navigated abusive relationships, addictions, and persistent health challenges, Elicia understands the frustration of seeking solutions without finding real results. This personal struggle fueled her relentless pursuit of healing, leading her to explore over fifty detox and healing methods. Elicia also immersed herself in intensive training with renowned shamanic and emotional healers across the globe.

Elicia made the connection that many physical conditions, like candida, are rooted in deeper emotional issues such as perfectionism, codependency, unresolved trauma, and repressed emotions. Since fully healing all of her symptoms, Elicia actualized her inherent empathic gift to read people, know the root of their suffering, and how they can heal.

With Elicia's unique blend of psychological insight and empathic intuition, she created the Core Emotional Healing® process. Based on her personal and professional experience, she developed a guided step-by-step process to heal the wounded inner child, which addresses the emotional root causes of many physical symptoms, disordered eating, perfectionism, codependency, and many other problematic relationship patterns.

Elicia's love and empathic gifts enable her to deeply connect with her clients, understanding their pain and providing insightful, compassionate guidance. She empowers them to embrace their feelings, confidently express their desires, and set healthy boundaries. By creating a safe and supportive environment, Elicia helps clients unlock the confidence to fully express their true selves.

She is the author of *Free to Be Me, A Memoir of Trauma, Healing and Rebirth*, the ebook *Detox 101* and coauthor of *One Crazy Broccoli* and *What's Left to Eat*.

Elicia offers her teachings and guidance through the comprehensive Core Emotional Healing® Self Study Online Course and True Essence Program.

[Explore Elicia's Programs](#)