

MY ANGEL JOURNAL



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How To Use this Angel Journal

I have created this Angel Journal for anyone wishing to building and strengthen their connection to the Angels.

When I first started out on my spiritual journey, I had no idea that my Angels were trying to send me messages of guidance and support to help me out along the way. Once I began to learn some of the common signs and symbols, and their possible meanings, this is how I was able to form my connection to the Angels and more importantly, to trust the information that I was receiving.

Angels like to communicate with us in many different ways, so I have included some questions and prompts to help you get started.

You will also find included:

- Journal your daily intentions and affirmations
- Angel signs and symbols cheat sheet
- A place to record the sign or symbols you received
- Dream journal prompts
- Manifesting your goals
- Meditation journal
- Gratitude prompts
- Journal prompts
- Self-care checklists



Daily Self-Care Plan

Today's affirmation:



How I'm feeling

My intentions today

My to do list

☐

☐

☐

☐

☐

Hydration



How I'm feeling

Three things that inspire me

1.

2.

3.

Tomorrow I will

Today's rating



ANGEL SIGNS & SYMBOLS CHEAT SHEET

Here a few common signs or symbols that our angels may send us.

Remember these can show up in many different ways, using the rainbow as an example, you may see a rainbow in the sky, or you can see a rainbow in a book, or on tv, or hear the word rainbow in a song etc.

When you see repeat signs or numbers, especially if they happen 3 times in a row, I would invite you to write then down in the Journal that I have attached, and take a moment to pause and to decipher what messages your Angels are trying to send you!

Sign or Symbol	MY INTERPRETATION	YOUR INTERPRETATION
African Violet	I AM Protected/AA Michael	
Butterflies	Transformation	
Clouds	Support and encouragement	
Dimes	You are on the right path	
Dragonflies	Live in the moment	
Feathers (Grey)	Peace and neutrality	
Feathers (White)	Guardian Angel is near	
Hummingbirds	Seeing the bigger picture	
Lady Bugs	Listen to your inner child/fun	
Rainbows	Better days are now ahead	
Robins	Prayers have been heard	
Ringin in Ears	Important message from Angels	
Royal or Cobalt Blue	Archangel Michael is near	
111	New Beginnings	
444	Surrounded by Angels	

ANGEL SIGNS & SYMBOLS CHEAT SHEET

Use this page as your blank template to record any new signs and symbols that you receive. This is a great way to conveniently have all your information in one place, and you can print out this sheet as often as needed.

Sign or Symbol	WHEN YOU CAME ACROSS IT	YOUR INTERPRETATION

Angel Sign or Symbol Received



Today's Date & Time

What Sign or Symbol did you receive?

Did you ask for any specific signs?

Where were you when you received the sign?

What was going on in your life at that moment?

What was the first thing you felt when you recognized the sign?

Had you recently asked your Angels for help with something?

Are you seeing the same sign repeatedly?

Why do you think you saw this sign?



Dream Journal

Date of Dream:

Did you ask your Angels a question prior to going to sleep? If so, what was it?

What was the dream about?

Who was in your dream?

What emotions did you experience?

Did this dream help answer your question?

Notes: (example any reoccurring colors or shapes)



Manifesting with the Angels

What I would like to Manifest into my life...

Goals <i>(Which Archangel can help you manifest this into your life?)</i>	Current Moon Phase
1	
2	
3	
4	
5	

Messages Received During Meditation

Date:

Length of Meditation:

Any angelic guidance?



Any epiphanies or
solutions to problems?



Notes



How to Keep a Gratitude Journal

Keeping a Gratitude Journal can have huge effects on your well-being and relationships.

By writing gratitudes every day, you can develop a greater appreciation for the good things and people in your life. As a result you will become more attuned to sources of happiness and joy around you. Here are 5 tips to help you get started with your own Gratitude Journal.

1

Each day, write 3 things for which you feel grateful. This will help you remember good experiences, people, things or events.



2

Be as specific as you can and go into as much depth as you can giving detailed descriptions when you write.



3

Start to see good things, people and experiences as gifts so that you can stop taking them for granted.



4

Write regularly and get into the habit of writing about the things for which you are thankful.

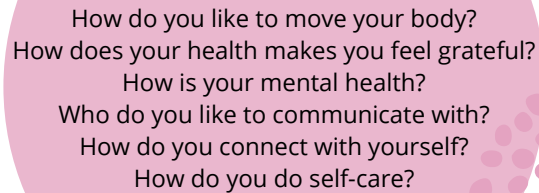


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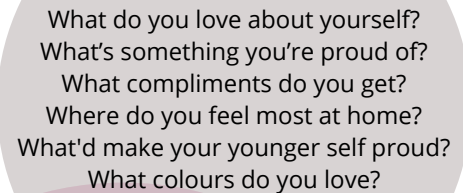
Consider what your life would be like without certain things or people. Be grateful for the things avoided or escaped or prevented.

Feeling Grateful

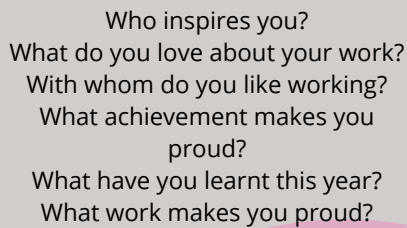
Questions to inspire you to feel grateful



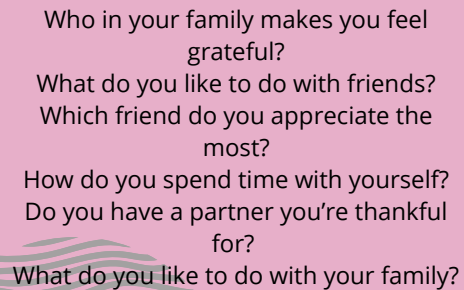
How do you like to move your body?
How does your health makes you feel grateful?
How is your mental health?
Who do you like to communicate with?
How do you connect with yourself?
How do you do self-care?



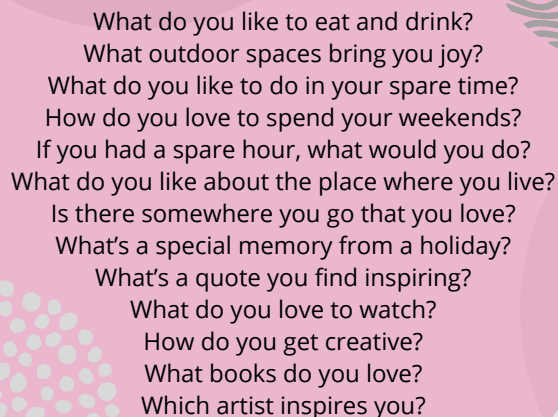
What do you love about yourself?
What's something you're proud of?
What compliments do you get?
Where do you feel most at home?
What'd make your younger self proud?
What colours do you love?



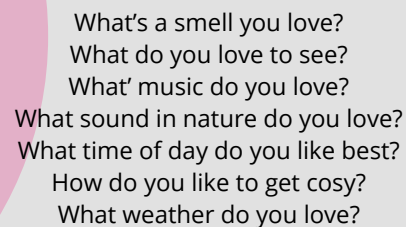
Who inspires you?
What do you love about your work?
With whom do you like working?
What achievement makes you proud?
What have you learnt this year?
What work makes you proud?



Who in your family makes you feel grateful?
What do you like to do with friends?
Which friend do you appreciate the most?
How do you spend time with yourself?
Do you have a partner you're thankful for?
What do you like to do with your family?



What do you like to eat and drink?
What outdoor spaces bring you joy?
What do you like to do in your spare time?
How do you love to spend your weekends?
If you had a spare hour, what would you do?
What do you like about the place where you live?
Is there somewhere you go that you love?
What's a special memory from a holiday?
What's a quote you find inspiring?
What do you love to watch?
How do you get creative?
What books do you love?
Which artist inspires you?



What's a smell you love?
What do you love to see?
What' music do you love?
What sound in nature do you love?
What time of day do you like best?
How do you like to get cosy?
What weather do you love?

Gratitude Log

Date:

I am grateful for



Date:

I am grateful for



Date:

I am grateful for





My Journal Prompts

Journaling is a safe way to explore your experiences and helps you to let go of anxieties and negative thoughts. You can use some of these prompts that I have provided to help you get started, or create some of your own. I use this as a way to communicate with my Angels, especially if I am seeking their guidance and support.

- What am I doing right now?
- What am I worried about?
- What triggered this feeling?
- What is something that I would like to achieve?
- What emotions am I holding on to?
- Why am I feeling this way?
- How do the different parts of my body feel?
- What do I know to be true that I didn't know a month/year ago?
- What distractions stop me being productive?
- If my best friend described me, what would they say?
- What brings me joy?
- My bucket list of things I've always wanted to do:
- A place where I felt happiest was...
- What is my greatest fear?
- Is there something that I would change about myself?
- One place I'd like to visit is...
- If I were granted a wish, what would I wish for?
- What superpower would I like to have and how would I use it?
- Where do I see myself in the next 1, 3, 5, 10 years from now?



Journal Pages

Use some of the prompts provided, or the ones your created to start communicating with your Angels.



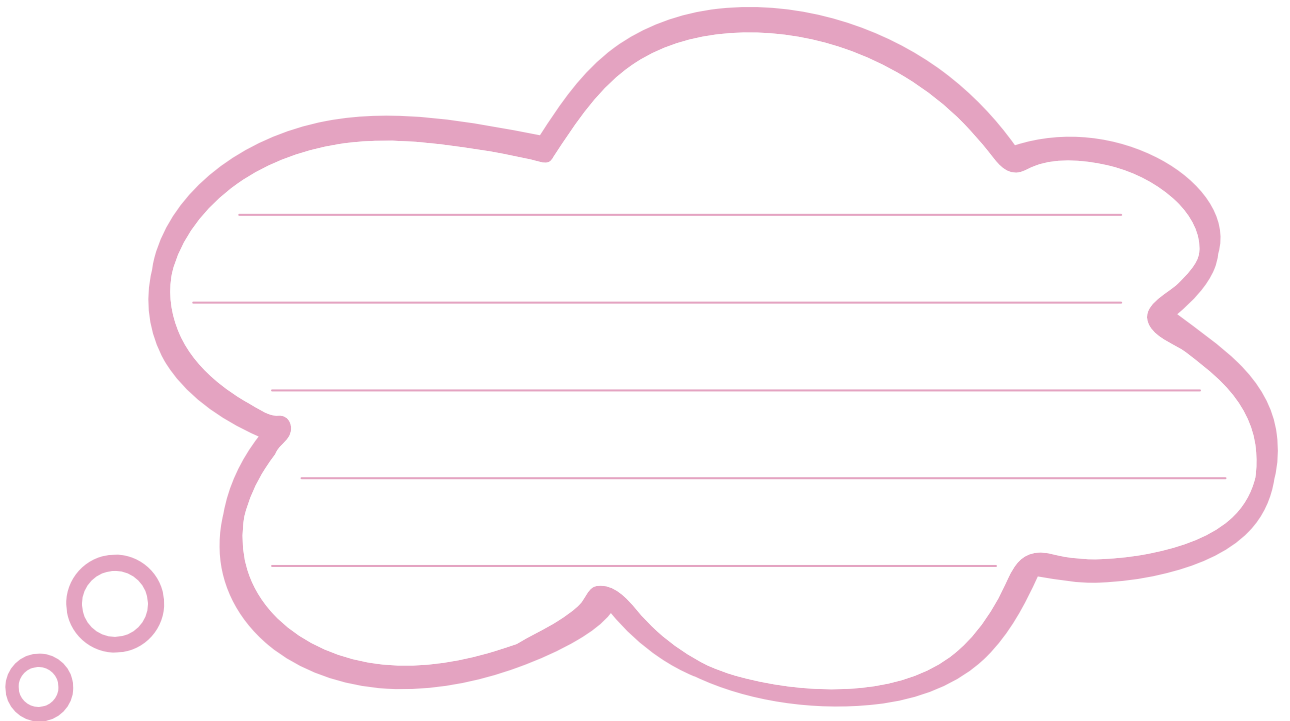
Journal Pages

Use some of the prompts provided, or the ones your created to start communicating with your Angels.



Journal Pages

What were you thinking about today?



My Weekly Self-Care Checklist



My goal for this week:

How I will achieve this:

HABITS

Enough sleep
Nature Walk
Drink water
Breath Work
Meditate
Healthy Meals
Got Grounded
Be social
Gratitude
Set Intentions

M	T	W	T	F	S	S

FEELINGS

Happy
Excited
Relaxed
Loved
Motivated
Angry
Stressed
Irritable
Tired
Sad

M	T	W	T	F	S	S

WEEKLY REVIEW

I am most proud of:

I was successful at:

Challenges I faced:

I learnt:

I was grateful for:

Thoughts for next week: