



The Exploration *of Wonder*

A GUIDED JOURNAL

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Welcome

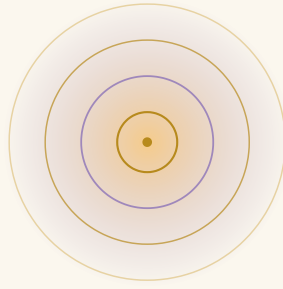
This journal goes with *The Exploration of Wonder*. Use it alongside the book, after it, or on its own. There is no right way to do this.

I invite you to treat these pages as a place to wonder, not a place to get it right. Write messy. Write one line. Skip the prompt that does not call to you and come back to it later, or never. Nobody is grading this.

A few things that help:

- ✦ Questions, then more questions. Each prompt is an open question. Sometimes awareness arrives as a quick, tidy answer, and that counts. Honor it, then come back to the question another time and ask again to discover a deeper layer.
- ✦ Notice, don't judge. If you see a pattern in yourself, you are not broken. You finally have information, and information gives you choice.
- ✦ Intense reactions. If a prompt irritates you or gives you an intense reaction, explore it and notice where the irritation really lives. Resistance is just another doorway into awareness.
- ✦ Use your body. Notice what lights you up and what tightens. That is information too.

Be curious. Be wonder.



START HERE

Arrive

Before any part of this journal, take 30 seconds.

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- 1 Put your hand on your chest.
 - 2 Breathe, be present and let everything slow down and soften with each breath.
 - 3 Say hello to your body, and say hello to the universe.
-

You were already working with energy long before you had a word for it. These prompts invite you to notice what you have always known.



I Think of a time you knew something before anyone said a word. You walked into a room and felt it, or you thought of someone and they called. What did you perceive, and how did you know?

2

As a kid, what did you know about magic that you were later taught to doubt? What was that like?

3

Pick a word you use often, like *should*, *have to*, *goal* or *busy*. What energy does it carry for you? What word could you try on instead, and how does it feel in your body?

A conclusion settles something and closes the door. A question keeps it open. These prompts are here to help you find where the door has been closed.

I Where have I stopped asking questions? Think about money, relationships, your body, your work, and what you believe you are capable of.

2 Identify one conclusion. Rewrite it as a real question, one with no answer built into it. (Hint: “How do I make more money from my job?” has a conclusion hiding in it. “Where else can money come from?” does not.)

3 What am I waiting on right now? Skip “What’s wrong with me?” and ask instead, “What’s actually going on here? What’s underneath this?”

Gratitude shifts your state. Acknowledgment gives that energy somewhere to root. Together they build momentum.

I What am I broadcasting lately? Think about the tone of my thoughts, my mood, and what I expect. Where does the same kind of situation keep showing up?

2 Think of something you have been judging. Notice what your body does. Now bring in gratitude for anything at all, even the chair you are sitting in. What softened?

3 Where do I deflect or minimize when someone acknowledges me? What do I believe would happen if I let it land?

You have more choice than you have been acknowledging, even in the things you have filed under non-negotiable.



I Where do I say “I have to”? Write three of them, then rewrite each as “I choose to ____ because ____.” What do I notice?

2 What would a small, curious yes look like this week? What do I need to engage with long enough to find out what it actually is?

3 Think of a situation where you see only two options. Now write ten options. They don't have to be good ones. Imagine the Cheesecake Factory menu, pages and pages of possibility.

The deeper question is not "Is the universe listening?" It is "What am I actually asking for?"



I What do I truly desire? Leave out what I should want, what would make sense to other people, and what my family, culture or feed says success looks like.

2

Pick something you have been asking for. If the energy underneath the ask could speak, what would it say? What might it be trying to protect me from, or keep the same?

3

When I ask for something, which possibility am I feeding: the one where it shows up, or the one where nothing changes? Write the version where it shows up. What does my body do as I write it?

Hope is not wishing and it is not pretending. It is the awareness that something can be different. These prompts help you work with it as action fuel.

I What do I perceive could be different, even though I don't yet know how or when?

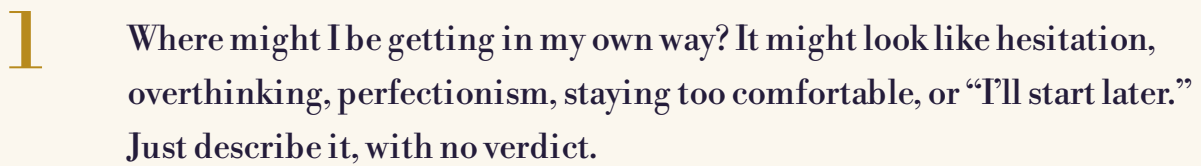
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Look at a “mustn’t,” “can’t” or “impossible” you carry. Ask: What if it could be different? What would this look like if it were not impossible?

3

What action could my hope inspire right now? Make it small. A call, a conversation, a rest, a question, a choice.

The roadblocks are not proof that you are failing. They are showing you where your next choice lives. Look with honesty, not shame.



2

What have I decided would happen if I succeeded at this? What do I think success would take from me?

3

Where am I waiting for perfect? What is the smallest possible step, like opening the document and putting my name on it?

The Non Conclusion

Be curious. Be wonder. And explore the magical universe around you!

This isn't an ending. It is a place to pause and look at what moved.



1 What did I notice about myself that I didn't see before I started?

2 Which question do I want to keep asking?

3 What is my next yes, however small?

4 What would I like to say thank you for?

KEEP EXPLORING

This isn't about never getting in your own way again. Honestly, we will. The point is to notice when you are doing it, not judge yourself for it, and choose again.



Every chapter in this book began as a conversation on *The Exploration of Wonder* podcast. If you want to keep wondering together, come listen at donnielle.com/podcast. New episodes are waiting for you.

You're on my email list now, so look for a note from me soon.

Be curious. Be wonder.

