



The Sacred Feminine Reset - Journal Prompts



with Leonie



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10 Prompts to Heal Your Feminine & Find Your Magic

Dear Sistar,

This is your invitation to pause, breathe, and drop back into the sacred essence of who you truly are.

Use these 10 prompts to begin peeling away the layers of conditioning, hurt, and expectation — and remember the divine feminine magic that lives within you.

Take your time. Light a candle. Let these words open you.

with love, Leonie



1. When was the first time you remember feeling like being a girl or woman was “too much” or “not enough”? How did that feel in your body?
2. What parts of yourself have you been told to hide because they are “too emotional,” “too sensitive,” or “too wild”? Write them here and honour them.
3. What does the divine feminine feel like to you? If you close your eyes, what colours, sensations, and images come to mind?
4. Write a letter of compassion to the part of you that still believes she must play small or dim her light to be safe.
5. When you imagine your most magical, confident, fully expressed self... what is she wearing? How does she move? Who is around her?
6. What does “sacred sisterhood” mean to you? Who do you dream of calling into your circle?



7. What old stories, beliefs, or wounds do you feel ready to lay down? What would you rather believe instead?

8. If the divine feminine within you could speak right now, what would she say? Write down her message to you.

9. What is one small ritual or habit you could add to your week to nurture your feminine energy?

10. What does your role in the Sacred Revolution look like? What do you want to bring to the world as a light-bringer?



Thank you for daring to remember your magic. You are not alone on this journey — you are part of a rising Sistarhood.

Join us in The Sacred Revolution, where women are healing, empowering, and rising together.

You'll receive the free monthly newsletter "Letters from the Sacred Revolution" which contains:

- A personal letter from the frontlines of the sacred feminine revolution — my raw, magical reflections on dismantling the Soulless Patriarchy & reclaiming your Sacred Self
- Soul Actions — one inner ritual + one outer action to help you embody your healing and power in the world.
- Updates, invitations, and inspiration to keep you connected to the sisterhood.

If you're ready to connect more deeply, you can explore the membership options for joining [The Sistarhood by clicking here](#)

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Love Leonie