jealousy journaling prompt

Working with your highest self

" The Higher Self is your True Nature: It is your unconditionally loving, wise, creative, whole, and eternal inner center. "

Imagine the ideal version of yourself. Who is this person? What do they do? What thoughts do they believe? How does this person's daily life look like?

i.e. She sets healthy boundaries, he is present with the people around him, they practice positive self-talk even when it doesn't come easy

Now ask yourself: What would your highest self do when feelings of jealousy come up?

i.e. She wouldn't believe everything she thinks, he would practice self-care, etc.

Remember: your highest self IS you.
We have parts inside us that learned to be anxious and control things, but behind all that is your true self. Who are you when your fears and worries are quiet?