

Journeying Back in Time



Journaling Guide

Susan Knight

Welcome!

Journeying Back in Time is an opportunity for you step out of the present and make your way into the past.

Will you go back to your childhood, or back a few centuries? Will you stand back and observe, or will you dive in as an active participant? It's entirely up to you.

Have fun working through the 7 journaling prompts in this guide. Remember: there's no right or wrong, so don't hold back! Express yourself however you like, in any manner that feels right to you.



Wishing you happiness and wellness on your life journey.

Susan Knight

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Reflection

Haven't we all experienced those moments where we wished we could travel back in time? Maybe it's to go back and relive a special memory. Maybe it's to go back and do something differently. Or, maybe you've wondered what it would be like to travel back further, to a period long before you were born.

While time travel might not actually be available to us yet, that doesn't mean we can't imagine what it would be like. And as you imagine your own journey back in time, you might be surprised by what you discover about yourself in the process.

Journal Prompts

If you could travel back in time, how far back would you want to go and what would you want to experience?

If you could bring 3 things with you on a trip back in time, what would you bring?

If you could travel back in time in order to get answers about a mystery or unresolved issue, what would you want to get answers about?

What is one of your happiest moments from the past?

If you could travel back in time as either an observer or a participant, which would you choose, and why?

Who from the past would you most like to spend a day with, and what would that day be like?

If you could change 1 thing in the past, what would it be?

An imaginary journey back in time can provide us with clues and insights about what's important to us and how we want to live in the present.

