

The Soul Alignment Journal

A useful tool to promote
healthy thoughts, feelings and behaviors
to overcome depression, anxiety
and self-sabotaging habits.



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The Soul Alignment Journal is a useful tool to promote healthy thoughts, feelings and behaviors that line up to the Spirit of God. This tool was designed by Licensed Mental Health Counselor, Cherie Burgess, as a way to overcome depression, anxiety and self-sabotaging habits.

The Soul Alignment Journal incorporates the works of two popular approaches for Christians to change toxic thinking patterns:

- (1) Transformational Prayer Ministry (TPM) by Ed and Joshua Smith, and
- (2) the 5-Step Switch on Your Brain Detox Process by Dr. Caroline Leaf.

The intention is to spend 10-20 minutes with the Lord each day and journal your time with Him.

Why is this called the "Soul Alignment" Journal?

The soul consists of the mind (thoughts), the will (choices and behaviors) and the emotions (feelings). The soul and the spirit are mysteriously tied together and make up what the Scriptures call the "heart." Those who love Christ have a desire to line up their thoughts, feelings and behaviors (our soul) line to the Holy Spirit. We seek to have a clean heart.

Jesus declared, "No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other" (Matthew 6:24). Through our SAGA (Self-Awareness and God-Awareness), we are less likely to fall into the sins of flesh desires and more likely to express the love of God to ourselves and to others.

Reflection Process Page One

Toxic thought, feeling or habit to change:

Replacement thought, feeling or habit (use God's Word when possible):

Sit quietly and pay attention to your five senses. What sights, sounds, tastes, touches and smells do you notice?

*Pay attention to your thoughts.
What thoughts are bubbling up from your unconscious mind
to your conscious mind?*

What emotions are you currently experiencing?

How is your body experiencing this information?

Do you currently feel like you are a victor or a victim? Why?

Reflection Process Page Two

If you are experiencing anger or resistance, where is that coming from and/or who does it appear to be directed towards?

*Are you currently experiencing a stress reaction or a calm demeanor?
How can you experience peace in this moment?*

*Do you know that you are able to
accept or reject your thoughts?
How does this question make you feel?*

Ask yourself, "Do I want this information to be a part of me?" If not, what thoughts or feelings would you rather have?

*Ask the Lord, "What do you want me to know?"
Listen and write down what is He telling you?*

Reflection Process Page Three

*Have your emotions changed from when you started this journal?
Describe.*

*Have your thoughts changed? Has your mindset/attitude changed?
Describe.*

*Are your thoughts, feelings and behaviors lined up to the Spirit of God?
Why or why not?*

Use this space to capture any additional thoughts you have for today.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

Romans 12:12