

SUMMER SOLSTICE JOURNAL DOWNLOAD

Stand in Your Light: A Solstice Journal for Self-Discovery and Soul-Fueled Shifts

Welcome to your Summer Solstice Journal. This sacred time is your invitation to stand in your light, acknowledge your growth, and boldly choose your next direction. Let this be a space to honour your truth and awaken your fire within.

REFLECTION PROMPTS

1. Reflections on Growth

- Since the Winter Solstice, what have I let go of, healed, or transformed?

- What blessings, wins or changes am I proud of in the past 6 months?

2. Illuminating Truths

- What part of me is ready to be more fully seen or expressed?

- Where in my life am I hiding, shrinking, or staying safe?

3. *Letting Go*

- What outdated belief, thought, or identity am I ready to release?

- What has outlived its purpose and is ready to be composted into wisdom?

4. *Vision + Intention*

- What is my soul craving to experience, create, or become?

- What one intention would feel bold, aligned, and meaningful?

5. Integration

- What does it look like to embody this intention every day?

- What's one brave step I can take this week?

Solstice Affirmations

"I am the light I've been waiting for."

"As the sun stands still, I rise."

"I release what dims me. I choose what fuels me."

Creative Space (*Optional*)

- Use this space to sketch, mind-map, or create a mini vision board of your next chapter.

Closing Note

Your light is needed. Your truth is sacred. Let this Solstice be your turning point toward a life that reflects your radiance, freedom, and fire.

Happy Solstice.

The Alchemy of Being Team