

7-Day Reflection Journal



STAYING CONNECTED TO FREEDOM & LOVE

BY LASHAWN DOBBS

ABOUT ME



Hi, I'm LaShawn Dobbs!
I am a Spiritual Journey Coach
passionate about walking
alongside women on their healing,
freedom, and growth journeys.
Through my reflections, coaching,
and creative resources, I inspire
others to embrace the beauty
of who they were always
created to be.



HELLO THERE,

This 7-day reflection journal is inspired by my blog post and podcast episode

Answering Love's Call:

Where the Journey Begins.

It's designed to guide you deeper into the themes of freedom, love, and awakening. Whether or not you've explored that content, this journal stands alone as a tool to help you reflect, release, and reconnect with the beauty of who you are.

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THIS IS A GIFT TO
YOUR SOUL—A
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WERE ALWAYS
CREATED TO BE.

-LASHAWN DOBBS

DAY 1: THE WHISPER OF FREEDOM

Freedom often begins as a whisper—soft, yet undeniable. It calls us to let go of fear and step into the life we’re created for. When we listen to this whisper, we discover a life filled with possibilities and joy.

- What does freedom feel like to you?
- How would your life change if you fully embraced it?

“I am free to release fear and step into the life Love has for me.”

DAY 1: THE WHISPER OF FREEDOM

“I am free to release fear and step into the life Love has for me.”

DAY 2: RELEASING THE WEIGHT

The journey to freedom invites us to release the burdens we've been carrying—fear, doubt, and the expectations of others. Letting go doesn't mean forgetting; it means creating space for what truly matters.

- **What burdens—such as fear, expectations, or self-doubt—are you ready to let go of?**

Visualization Exercise: Close your eyes and take a deep breath. Imagine what your life would look like if you let go of those burdens. What do you see? How does it feel?

“I release what no longer serves me and walk lightly into my purpose.”

“I release what no longer serves me and walk lightly into my purpose.”

DAY 3: SEEING YOURSELF WITH LOVE

We often view ourselves through a lens of judgment or comparison. But when we pause and choose to see ourselves through Love's eyes, we begin to remember the truth of who we are—worthy, whole, and beautifully designed.

Exercise: Mirror Work

Find a mirror, stand or sit comfortably, and look into your own eyes. Take a deep breath and repeat this affirmation aloud:

- *I see myself as Love sees me—worthy, whole, and beautiful.*

Spend a few moments observing your reflection. Notice what thoughts or feelings arise. If emotions come up, allow yourself to feel them without judgment.

- **When you look at yourself through Love's eyes, what do you see?**

“I see myself as Love sees me—worthy, whole, and beautiful.”

DAY 3: SEEING YOURSELF WITH LOVE

“I see myself as Love sees me—worthy, whole, and beautiful.”

DAY 4: LETTING LOVE LEAD

Surrendering control can feel like stepping into the unknown, but it's also where freedom begins. Trusting Love to guide your steps allows you to move forward with grace, courage, and a sense of peace.

- **In what ways can you surrender control and allow Love to guide your steps?**

Action Step: Create a Plan to Surrender Control

Take a few moments to write down practical ways you can practice surrendering control in your daily life. Consider:

- What situations are you currently trying to control?
- What would it look like to release those situations to Love?
- What daily or weekly practice (e.g., journaling, prayer, mindfulness) can help you trust Love's guidance?

"I trust Love to lead me on the path I am meant to walk."

DAY 5: EMBRACING THE UNKNOWN

The unknown can feel intimidating, but it's also where the magic of life unfolds. When we approach it with curiosity and trust, we open ourselves to growth, discovery, and the freedom to be.

- **What might be possible if you leaned into the unknown with curiosity and trust?**

Visualization Exercise: Close your eyes and take a deep breath. Imagine yourself standing at the edge of a path that disappears into the horizon. You can't see what's ahead, but you feel a sense of peace as you take Love's hand. Visualize yourself taking one step, then another, trusting that the path is guiding you exactly where you need to go. What do you feel in your body? What emotions arise?

Take a moment to journal about what you saw, felt, or heard during this exercise.

“I welcome the unknown as an opportunity for growth and freedom.”

DAY 5: EMBRACING THE UNKNOWN

"I welcome the unknown as an opportunity for growth and freedom."

DAY 6: LIVING AUTHENTICALLY

Authenticity is about embracing who you truly are, without masks or pretense. When you live as the person Love created you to be, you experience freedom, joy, and a deeper connection with yourself and others.

- **What does it look like for you to live fully and authentically as the person Love created you to be?**
- **Can you think of a time when you lived this freely? What did it feel like?**
- **What will it take for you to live this way again?**

Action Step:

Write down one small step you can take today to begin living authentically again. It could be speaking your truth, saying “no” to something that doesn’t align, or simply affirming your worth in a quiet moment of reflection.

“I am free to be fully and authentically me.”

DAY 7: FREEDOM IN CONNECTION

Freedom isn't meant to be a solitary journey. Connecting with Love and others allows us to experience the richness of life through support, encouragement, and meaningful relationships. By leaning into connection, we often find strength and freedom we couldn't discover on our own.

- How can connecting with Love and others bring more freedom into your life?
- What intentional steps can you take to connect with people who support and inspire you?

“I walk in freedom, supported by Love and meaningful connections.”

DAY 7: FREEDOM IN CONNECTION

“I walk in freedom, supported by Love and meaningful connections.”

GRATITUDE FOR THE JOURNEY

Take a moment to reflect on this week's journey. Gratitude helps us anchor into the beauty of the present and acknowledge the progress we've made.

Write down one thing you're grateful for from this 7-Day Reflection Journey. It could be:

- A new insight you've uncovered.
- A moment of release or clarity.
- Simply the time you've gifted yourself to pause and connect.

As I reflect on this journey, I'm grateful for...



CELEBRATING YOU

Congratulations on completing this 7-day reflection journey! Each step you've taken is a beautiful testament to your commitment to freedom, love, and awakening.

As you complete this 7-day journey, reflect on the shifts you've experienced. Have you noticed more lightness or clarity? Freedom is not a destination—it's a practice, a choice, and a gift. Come back to these reflections whenever you need to reconnect with Love's truth.

“I am free to live, love, and awaken fully to the truth of who I am.”

READY TO GO DEEPER?

If this journey has sparked something within you and you're ready to explore your healing and awakening more deeply, I'd be honored to walk alongside you as your coach. Together, we can uncover what freedom, love, and authenticity look like for you.

Let's Connect:

- **Follow me on Instagram** for daily inspiration and reflections: [@LaShawnDobbs](https://www.instagram.com/LaShawnDobbs).
- **Visit the Awakening Page** on my website for more resources: LaShawnDobbs.com.
- **Listen to my podcast** [*Live Life Free*](#) for deeper conversations about freedom and love.
- **Explore my coaching offerings** and schedule a [connection call](#).

You are never alone on this journey. Let's keep walking this path together. ♡

