



Your  
Sovereign Self  
Journal

# Welcome!

This Journal will guide you to reflect and pause from daily life. To check in with yourself and feel how you are doing. You can come back to this page and this journal as often as you need.

Now find a good spot in your home. Pour yourself a cup of tea and check in with yourself how you feel before listening to the meditation and write this down on the next page.

Margaretha Tosi



## ABOUT ME

I am a birth rebel, doula and HypnoBirthing expert and through the meditation and visualization you will learn how raising your consciousness, will enable you to tap into your intuition so that you can step into your sovereignty, the goddess, the mother, and nurturer

# JOURNALING PROMPTS

How do you feel before listening to the meditation?

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How did you feel during the meditation

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What has shifted in respect to before and after listening ?

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# JOURNALING PROMPTS

How do you feel before listening to the visualization?

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How did you feel during the visualization?

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What has shifted in respect to before and after listening ?

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## I'D LOVE TO HEAR FROM YOU

**Feel free to send me an email on  
margaretha@hypnobirthing.com to share your  
experience after listening to the meditation and  
visualization**

or if you feel the call to work together,  
click below to schedule a free call

**[SCHEDULE A FREE CALL](#)**