

*journal*  
**KINRGY COMPANION**  
#KREATINGKINRGY



KINRGY

# Hi friend!

Thank you for choosing to spend time here with, most importantly, yourself. **Self care is no longer a luxury, it is a necessity.** When we practice self care, we practice global care.

I'm thrilled to journey through this crazy, amazing thing we call life and with our KINRGY Companion Journal. There are some very special processes here which have been deeply healing for me, and have led me through a process I like to call The Joy of Transformation.

The greatest investment you will ever make is the one you make in YOU. The world is waiting for your beautiful soul to shine. That's what this is all about – shining from the inside out. Your unique gifts can be realized through you and only you. These are the gifts that will change the world as we know it. So let's dive in!

Love & Light,

*Jules Pope*

# Welcome

We are born knowing our bodies are designed to move. The freedom, joy and power of KINRGY creates gravitational waves that can ripple across the planet and be felt by all. **When we do it collectively, anything is possible. This is where we expand our true power and connect to one global family.**



# getting started

The purpose of this book:

- To **surrender** to The Joy of Transformation
- To **listen** to who we really are and what we really want
- To **reconnect** us to the truth and pure expression

It's easy to get swept away with all the doing and should-ing of life. If this becomes our normal, we experience stress and tend to listen to ourselves less. We always have a choice and an opportunity to shift our focus from doing, into being.

**The exercises in this book are designed to awaken the expression of who you really are and the natural movement of life within you and around you.** The more you do it, the more you feel in flow and that's where you find your magic.

## What you need:

- 15 mins a day
- A pen if you want to print your journal out
- A computer if you want to enter into your fillable PDF on [Adobe Acrobat Reader](#)
- A journal for your daily morning entries
- An open mind and heart

## REMEMBER:

Keep it simple. Let yourself play, explore, see what you find and be OK with not having all the answers right away. There is nothing for you to get right, because you can't get it wrong.

## WHAT'S POSSIBLE?

Everything.

“START WRITING, NO MATTER WHAT.  
THE WATER DOES NOT FLOW UNTIL  
THE FAUCET IS TURNED ON.”

— Louis L'Amour

## How it works

**21** represents inspiration and creative self-expression. **21** is also a great number to receive when it comes to relationships because it signifies selflessness. It is a symbol of being centered/connected to your true self, and is even symbolic to spiritual masters of humanity who work their magic. At KINRGY it's about trusting your journey, surrendering to transformation and unlocking your power to create an extraordinary life.

### Daily Journal:

The practice of writing is a practice of clearing. There's nothing to get right here. Just write whatever is present for you and clear space. Empty your head, open your heart and make more space for what you dream to find you. We recommend writing in a pad or journal to be as environmentally friendly as possible. The rest you can enter directly into your digital PDF or printout.

### Morning Practice:

Short and sweet. A powerful way to set your heart and mind on positivity, joy and what you really want. **Connecting to self.**

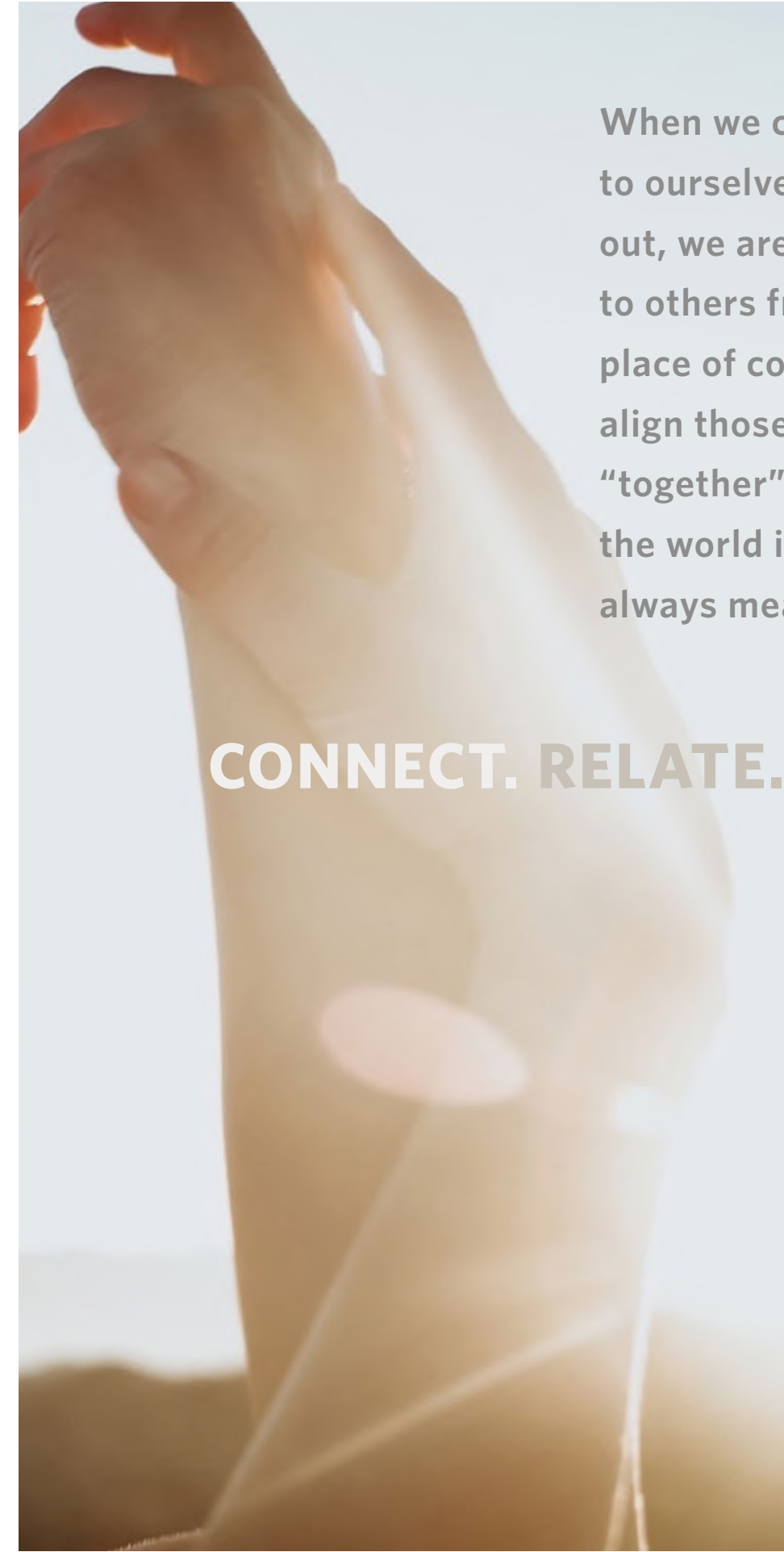
### Daily Opportunity:

This is a simple thought or action that can align you with possibility and how serving is loving humanity. **Relating to others.**

### Evening Practice:

Reflect on your day and where your energy was focused. Where your energy goes, your energy flows. **Experiencing the world in a new way.**





When we can truly connect to ourselves, from the inside out, we are able to then relate to others from an authentic place of compassion. When we align those things and unify “together” we can experience the world in the way it was always meant to be. **Love.**

*Love*

## CONNECT. RELATE. EXPERIENCE.

This journal is segmented into daily morning and evening practices. Spark curiosity and transformation to connect within, enjoy daily opportunities to relate authentically, and experience the world in a whole new way.

**Let's begin...**

# CONNECT

## Morning Practice

DAY 1

3 WAYS I CAN BE **CURIOUS** TODAY...

### DAILY OPPORTUNITY: RELATE

In a conversation with someone today ask: What makes you feel most human?

# EXPERIENCE

## Evening Practice

3 WAYS I CHOOSE TO CELEBRATE MYSELF TODAY ARE...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 2

3 AREAS IN WHICH I AM GOING TO SPEAK MY **TRUTH**...

### DAILY OPPORTUNITY: RELATE

Connect with a friend and tell them the 3 things you appreciate most about them.

# EXPERIENCE

## Evening Practice

3 MOMENTS I EXPERIENCED **MAGIC** TODAY WERE...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:



# CONNECT

## Morning Practice

DAY 3

3 WAYS I GIVE MY BODY **PERMISSION** TO EXPRESS TODAY...

### DAILY OPPORTUNITY: RELATE

In a conversation with someone today ask: What has been inspiring you lately?

# EXPERIENCE

## Evening Practice

3 MOMENTS I WOULD LIKE TO **REPEAT** IN A NEW WAY TOMORROW...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 4

WHERE CAN I **EXPRESS** MYSELF, INSTEAD OF PERFECT MYSELF?

It's about expression, not perfection. Notice all the areas where you might be plugging into something you think you're supposed to do, versus what you really want. Be light and playful with it and just notice where you can allow yourself to express your truth, fully and completely. This is opening the door to **freedom**.

### DAILY OPPORTUNITY: RELATE

Take a piece of fruit, a flower or something small and leave it on someone's step as an offering of peace and love. Perhaps leave a note of gratitude with it. No matter how corny it seems, it will feel good.

# EXPERIENCE

## Evening Practice

3 MOMENTS THAT MADE ME **SMILE** TODAY...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

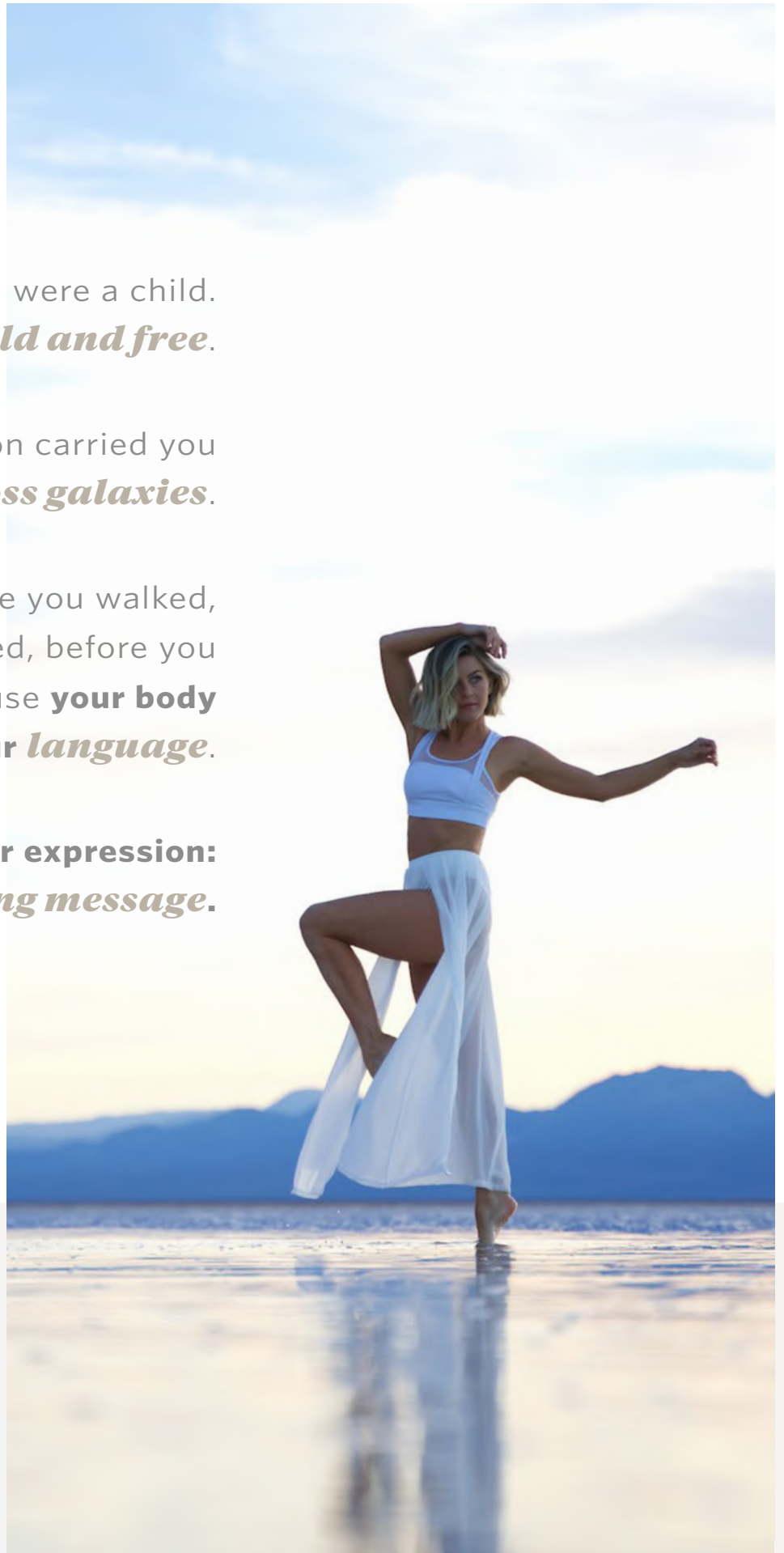
Experiencing the World:

Remember when you were a child.  
And you lived ***wild and free.***

Your imagination carried you  
***across galaxies.***

You danced before you walked,  
before you crawled, before you  
talked, because ***your body***  
***was your language.***

**Your expression:**  
***a moving message.***



# CONNECT

## Morning Practice

DAY 5

CHOOSE ONE THING YOU ARE WANTING TO CREATE. SEE IF YOU CAN LET IT BE ONE CLEAR, SIMPLE WAY OF BEING. HOW DO YOU WANT TO **FEEL**?

### DAILY OPPORTUNITY: RELATE

In a conversation with someone today ask: What's one thing you do for yourself to feel balanced?

# EXPERIENCE

## Evening Practice

3 THINGS I AM **GRATEFUL** FOR...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 6

MOVEMENT AND DANCE = FREEDOM AND EXPRESSION.

Choose your favorite song and **dance full out**, like nobody's watching. This is just for you. Let yourself feel how good it feels to move. It activates something deep within you, it's waiting, go there...

### DAILY OPPORTUNITY: RELATE

Call someone and tell them you appreciate them, and why. After the call tell yourself, out loud, yes, out loud, something that you appreciate within YOU.

# EXPERIENCE

## Evening Practice

3 WAYS I WAS MOST **AUTHENTICALLY** ME...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 7

THE EXPRESSION THROUGH **SOUND** IS SUCH A PALPABLE AND POWERFUL THING.

Think of the things that make you express through sound. That amazing sunset that takes your breath away and you gasp. That delicious chocolate that makes you go “mmmm”. Imagining traveling to a new part of the world making you gush. List 5 things that make you make a sound! See how many of them you can do this week!

### DAILY OPPORTUNITY: RELATE

Dance break! Choose one song and find a friend to dance with. Tag @kinrgy + #kreatingKINRGY. Share the celebration of dance!

# EXPERIENCE

## Evening Practice

1 WAY I **EXPRESSED** LOVE FOR **ME** | 1 WAY I EXPRESSED LOVE FOR **ANOTHER** | 1 WAY I EXPRESSED LOVE FOR THE **WORLD**...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:



# CONNECT

## Morning Practice

DAY 8

3 WAYS I CAN BE **CURIOUS** TODAY...

### DAILY OPPORTUNITY: RELATE

Call someone and tell them you love them, appreciate them, and are proud of them.

We all need to hear these things.

# EXPERIENCE

## Evening Practice

3 WAYS I CHOOSE TO CELEBRATE MYSELF TODAY ARE...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

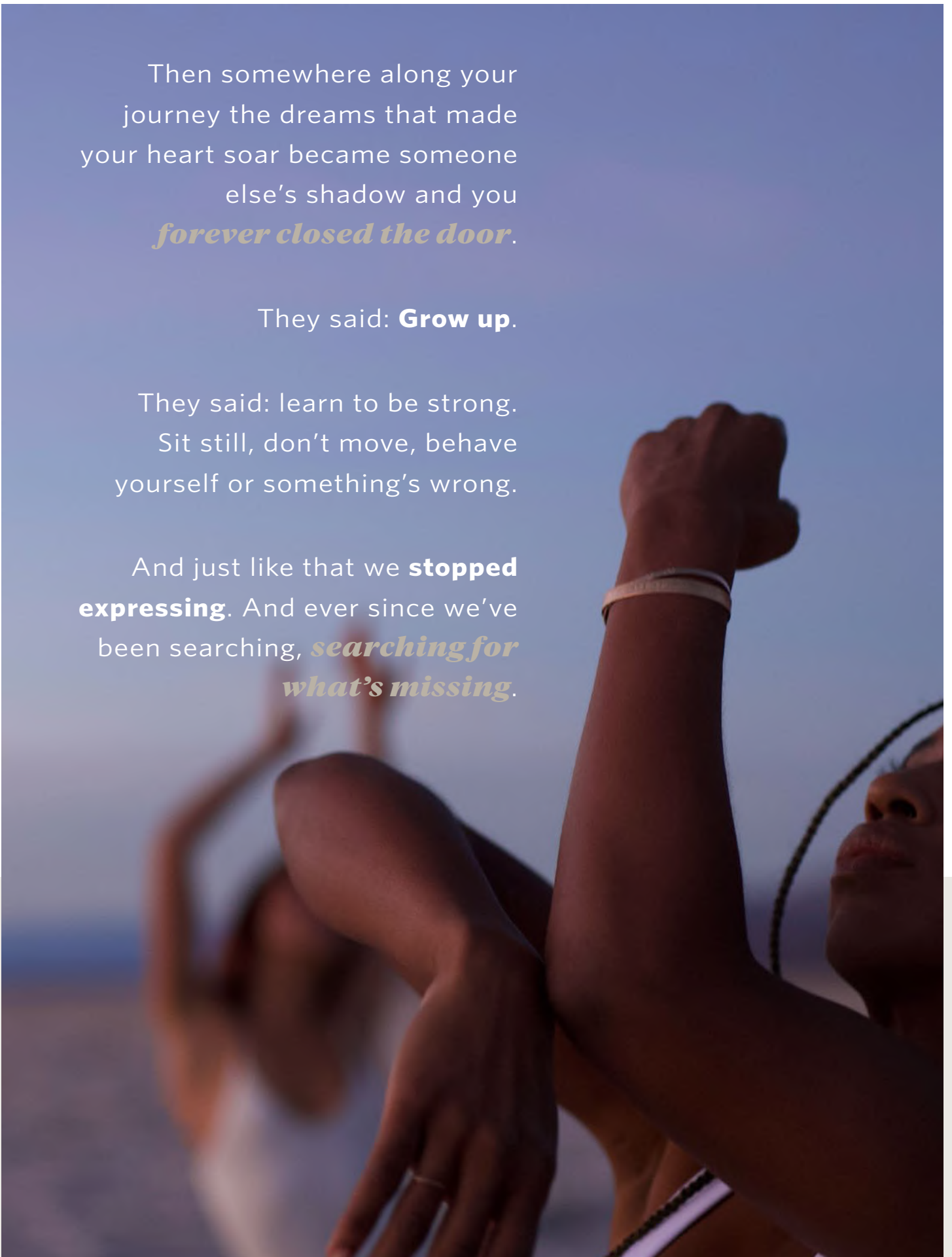
Experiencing the World:

Then somewhere along your  
journey the dreams that made  
your heart soar became someone  
else's shadow and you  
*forever closed the door.*

They said: **Grow up.**

They said: learn to be strong.  
Sit still, don't move, behave  
yourself or something's wrong.

And just like that we **stopped  
expressing.** And ever since we've  
been searching, *searching for  
what's missing.*



# CONNECT

## Morning Practice

DAY 9

3 AREAS IN WHICH I AM GOING TO SPEAK MY **TRUTH**...

### DAILY OPPORTUNITY: RELATE

Look up at the sky, put a hand on your heart and say: My wish for the world is that each human feels seen, heard and loved. Repeat non stop for one minute.

# EXPERIENCE

## Evening Practice

3 MOMENTS I EXPERIENCED **MAGIC** TODAY WERE...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 10

3 WAYS I GIVE MY BODY **PERMISSION** TO EXPRESS TODAY...

### DAILY OPPORTUNITY: RELATE

Call someone and tell them you are proud of them, and why. After the call tell yourself out loud, yes, out loud, something that you are proud of within YOU.

# EXPERIENCE

## Evening Practice

3 MOMENTS I WOULD LIKE TO **REPEAT** IN A NEW WAY TOMORROW...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 11

WHERE CAN I **EXPRESS** MYSELF, INSTEAD OF PERFECT MYSELF?

It's about expression, not perfection. Notice all the areas where you might be plugging into something you think you're supposed to do, versus what you really want. Be light and playful with it and just notice where you can allow yourself to express your truth, fully and completely. This is opening the door to **freedom**.

### DAILY OPPORTUNITY: RELATE

Sit with someone and just breathe. The simple act of slowing the breath down allows the mind and body to follow. Slow down and share time by simply breathing all the way in and out for a minimum of 2 minutes – you can set a timer. Share with each other how it felt, what you noticed, and what's possible when you slow the breath down.

# EXPERIENCE

## Evening Practice

3 MOMENTS THAT MADE ME **SMILE** TODAY...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 12

CHOOSE ONE THING YOU ARE WANTING TO CREATE. SEE IF YOU CAN LET IT BE ONE CLEAR, SIMPLE WAY OF BEING. HOW DO YOU WANT TO **FEEL**?

### DAILY OPPORTUNITY: RELATE

Call someone and tell them you love them, and why. After the call tell yourself, out loud, yes, out loud, something that you love within YOU.

# EXPERIENCE

## Evening Practice

3 THINGS I AM **GRATEFUL** FOR...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:



When we are nature by nature,  
**greatness by design,**  
These truths we are all born with,  
they were *never left behind*

No need to prove your worth, **your  
heart is meant to be played.**

So play it out loud and let your  
*symphony take shape.*

We are **brilliant  
beyond  
comprehension.**

Just take a deep  
breath and you'll find  
your *true direction.*



# CONNECT

## Morning Practice

DAY 13

MOVEMENT AND DANCE = FREEDOM AND EXPRESSION.

Choose your favorite song and **dance full out**, like nobody's watching. This is just for you. Let yourself feel how good it feels to move. It activates something deep within you, it's waiting, go there...

### DAILY OPPORTUNITY: RELATE

When we awaken the imagination, we awaken the child. When we do it together, we can touch the stars! Connect with a friend, then collaborate with your imagination. Look at something in the world you'd like to transform and simply imagine how you'd transform it! What would be different, how would people feel, how would it be stronger? Let go of whether you think it's possible (which it already is because you thought of it) and just imagine.

# EXPERIENCE

## Evening Practice

3 WAYS I WAS MOST **AUTHENTICALLY** ME...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 14

THE EXPRESSION THROUGH **SOUND** IS SUCH A PALPABLE AND POWERFUL THING.

Think of the things that make you express through sound. That amazing sunset that takes your breath away and you gasp. That delicious chocolate that makes you go “mmmm”. Imagining traveling to a new part of the world making you gush. List 5 things that make you make a sound! See how many of them you can do this week!

### DAILY OPPORTUNITY: RELATE

Cook a simple meal with a friend, even if it's just making a sandwich, and practice mindful eating. Talk to each other about the different tastes, textures, and smells you're enjoying! Relish in the art of eating, connecting and enjoying!

# EXPERIENCE

## Evening Practice

1 WAY I **EXPRESSED** LOVE FOR **ME** | 1 WAY I EXPRESSED LOVE FOR **ANOTHER** | 1 WAY I EXPRESSED LOVE FOR THE **WORLD...**

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 15

3 WAYS I CAN BE **CURIOUS** TODAY...

### DAILY OPPORTUNITY: RELATE

Give a stranger a compliment to make their day brighter. Be intentional, authentic and loving about it. It's the energy behind what you're doing that changes everything.

# EXPERIENCE

## Evening Practice

3 WAYS I CHOOSE TO CELEBRATE MYSELF TODAY ARE...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 16

3 AREAS IN WHICH I AM GOING TO SPEAK MY **TRUTH**...

### DAILY OPPORTUNITY: RELATE

Practice whole-body listening when in conversation with someone today. Imagine you're a container for their information to flow. Focus on your breath, relax your body, and make eye-contact with them. Face your heart openly in their direction to receive all they have to offer. What you do for others will come to you too.

# EXPERIENCE

## Evening Practice

3 MOMENTS I EXPERIENCED **MAGIC** TODAY WERE...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

My body is my ***vessel of expression*** to celebrate everything I truly am.

The freedom, love and connection, waiting for me to ***take a stand***.

Now is the **time to change the world as we know it.**





# CONNECT

## Morning Practice

DAY 17

3 WAYS I GIVE MY BODY **PERMISSION** TO EXPRESS TODAY...

### DAILY OPPORTUNITY: RELATE

Identify someone who was a catalyst for transformation in your life. We create relationships and moments in life to steer us towards our true power. Who do you want to thank you for helping steer you towards your greatness?

# EXPERIENCE

## Evening Practice

3 MOMENTS I WOULD LIKE TO **REPEAT** IN A NEW WAY TOMORROW...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 18

WHERE CAN I **EXPRESS** MYSELF, INSTEAD OF PERFECT MYSELF?

It's about expression, not perfection. Notice all the areas where you might be plugging into something you think you're supposed to do, versus what you really want. Be light and playful with it and just notice where you can allow yourself to express your truth, fully and completely. This is opening the door to **freedom**.

### DAILY OPPORTUNITY: RELATE

Call a family member and reminisce about a meaningful memory that transformed you both. Whether it be something super simple or super deep, it's about honoring your transformation.

# EXPERIENCE

## Evening Practice

3 MOMENTS THAT MADE ME **SMILE** TODAY...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 19

CHOOSE ONE THING YOU ARE WANTING TO CREATE. SEE IF YOU CAN LET IT BE ONE CLEAR, SIMPLE WAY OF BEING. HOW DO YOU WANT TO **FEEL**?

### DAILY OPPORTUNITY: RELATE

Pull out your phone and text 5 people you love and express your appreciation for them. Right now. Let's go!

# EXPERIENCE

## Evening Practice

3 THINGS I AM **GRATEFUL** FOR...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

# CONNECT

## Morning Practice

DAY 20

MOVEMENT AND DANCE = FREEDOM AND EXPRESSION.

Choose your favorite song and **dance full out**, like nobody's watching. This is just for you. Let yourself feel how good it feels to move. It activates something deep within you, it's waiting, go there...

### DAILY OPPORTUNITY: RELATE

Make a homemade gift for someone - cookies, a handwritten note or card, a music playlist, a friendship bracelet. Give it to them unexpectedly for no particular reason or occasion. No reciprocation necessary, just an act of kindness.

# EXPERIENCE

## Evening Practice

3 WAYS I WAS MOST **AUTHENTICALLY** ME...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:

So ***let's dance*** with all our might  
and leave the words to the poets.

What're you waiting for.  
**All you need is *within*.**

Welcome home to  
***your own skin.***

**Let's begin.**

*begin*



# CONNECT

## Morning Practice

DAY 21

THE EXPRESSION THROUGH **SOUND** IS SUCH A PALPABLE AND POWERFUL THING.

Think of the things that make you express through sound. That amazing sunset that takes your breath away and you gasp. That delicious chocolate that makes you go “mmmm”. Imagining traveling to a new part of the world making you gush. List 5 things that make you make a sound! See how many of them you can do this week!

### DAILY OPPORTUNITY: RELATE

Sift through your camera roll and find a photo/video of you and a friend. Send it to them and remind them how much you value your friendship and special connection.

# EXPERIENCE

## Evening Practice

1 WAY I **EXPRESSED** LOVE FOR **ME** | 1 WAY I EXPRESSED LOVE FOR **ANOTHER** | 1 WAY I EXPRESSED LOVE FOR THE **WORLD**...

### DAILY ENERGY CHECK-IN:

On a scale of 1-10 (10 being the highest) how much time did you spend in each area of life today:

Connecting to Self:

Relating to Others:

Experiencing the World:



# Congratulations, You did it!

**Self care is no longer a luxury, it is a necessity.** Thank you for taking time for YOU to look inside and connect. The people around you and the world need your special energy to create powerful change. Now is the time. Keep going! Jump into another round of 21 days and create habits that last a lifetime! Let's do this!

Love & Light,

*Jules Pope*

