

KHALIL OSIRIS

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*Practicing*  
**A FREEDOM**  
*that comes from*  
**WITHIN**

COMPANION JOURNAL



Practicing A Freedom That Comes From Within  
Companion Journal  
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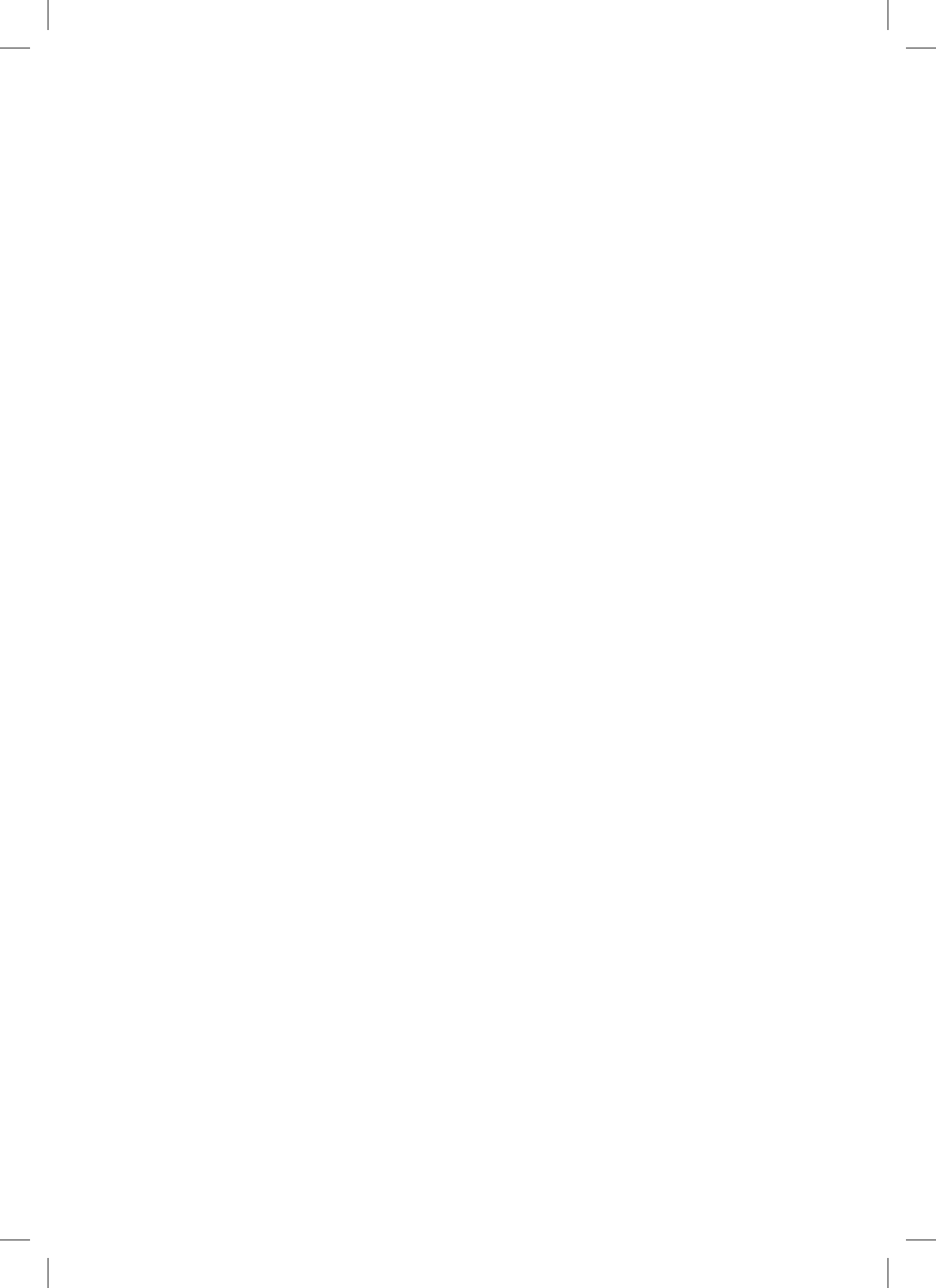
# WHY A COMPANION JOURNAL?

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During my incarceration, journaling gave my scattered and often conflicting thoughts a home. I could write my thoughts down and come back to them when I felt ready to objectively reflect on them. I could be honest about my situation and at the same time aspire to the highest version of myself.

When I reflect on those journal entries now, I see them as helping to focus and discipline my mind. I was learning to be mindful and to examine my emotions rather than suppress them.

I wrote this *Companion Journal* to help you become more reflective about your own thoughts, feelings, and experiences. I hope it will help you better understand the power and purpose of your freedom.



# YOUR OWN SEARCH FOR FREEDOM

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Reflect and journal on the following pages about your own search for freedom. Describe how your upbringing and personal history, culture, thoughts, and beliefs have shaped you into the person you are today.

You will find it helpful to return to this section as you work through your journal.

DATE: \_\_\_\_\_

# Your own search for freedom



DATE: \_\_\_\_\_

DATE: \_\_\_\_\_

DATE: \_\_\_\_\_



# FIVE KEYS

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Reflecting on the five keys will help you discover new doorways to self-understanding and inner freedom. Write down your thoughts and feelings about how to apply each key. This process of self-directed, deep reflection will help you become more peaceful and mindful in your daily life.