



Journaling for Insights

The Missing Link for Healing





Well, hello there! I'm Jane Hogan, The Wellness Engineer, and I help people reverse chronic pain using my DESIGN Blueprint, a unique blend of proven science and ancient wisdom.

Dear Beautiful Soul,

If you're holding this journal, it means you've heard the quiet whisper that your pain is more than just physical. It may be uncomfortable, even overwhelming—but what if this pain is here with a purpose? What if it's trying to get your attention?

What if it has a message for you?

I created this reflective journal to help you slow down, breathe, and gently ask: What is my pain trying to tell me? This practice isn't about fixing or diagnosing. It's about deep listening, curiosity, and compassion.

With love and light,

A handwritten signature in blue ink that reads "Jane". The signature is fluid and cursive, with a large loop at the end.





How to Use This Journal

- Set aside quiet time.
- Find a comfortable space with your journal and a pen.
- Start with a few slow breaths.
- Use the three guided prompts to explore the deeper meaning of your experience.
- Allow your thoughts to flow without judgement.
- Trust that whatever comes up is what you need to hear right now.



"Your body holds the stories of your life. Journaling is how you begin to rewrite them."





need to release?





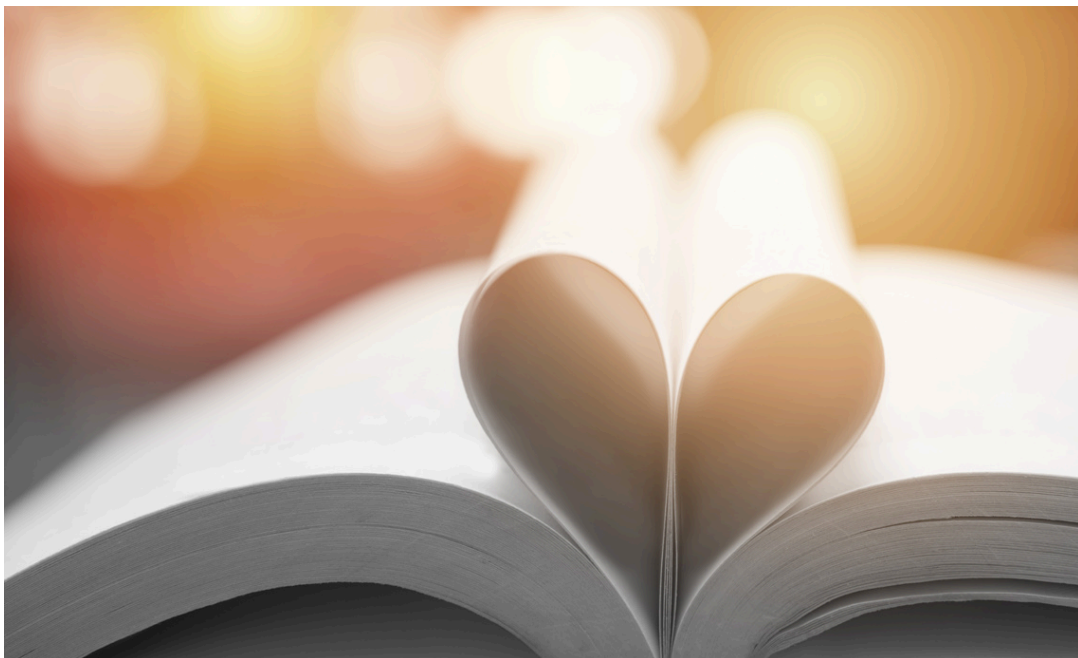
Closing and Affirmation

You've just done some powerful inner work. Whether answers came easily or not, the act of tuning in is a beautiful beginning.

Repeat this affirmation aloud:

"I trust my body's wisdom. I am listening. I am healing."

Want more support on your journey? Connect with me at support@thewellnessengineer.com



CONNECT WITH JANE



"When the student is ready the teacher appears."

I believe you are being called to a better version of yourself.
Follow me to learn how to become the pain-free version of you.



thewellnessengineer.com