

Week # 1: JOURNAL

DID YOU KNOW that you are more likely to achieve things if you write them down? I know, right? It's such a simple way to make things happen. That is why the mission for this week is to GET A JOURNAL & GET WRITING! If you are physically unable to write or need to use an audio device or technology to journal, that works too. The power is in our words, both oral and written. For those of you writing, you can use a basic notebook, a fancy leather-bound one, or you can print this out and use it as your journal. Decorate it; Put stickers on it; and most of all, HAVE FUN with this! Be sure to share your journal selfies and discoveries on our Facebook page. Start your day with what you woke up grateful for and end your day with what you are going to sleep grateful for. You can always fill in the middle with creative writing, things you want to achieve, how you are feeling in that moment, etc. See the next page for some ideas and journal prompts. Also, make sure to write on your first page what you would like to get out of these next 12 weeks.

I woke up grateful for...

I am going to bed grateful for...

What I would like to get out of these next 12 weeks is ...

Journal Prompts

Start and end your day with....I am grateful for...

I will nourish my body today by...

I show myself love by...

The words I like to live by are...

My favorite quote is ...

The things that make me smile are...

I find myself being drawn to....

I want to create my life to be....

I feed my soul by...

I honored my body today by...

Today would be ideal if...

The things I want to accomplish today are....

I love to think about

JUST GET STARTED, AND LET THE CREATIVITY FLOW!

JOURNAL CHECKLIST



Monday -----

Tuesday -----

Wednesday -----

Thursday -----

Friday -----

Saturday -----

Sunday -----