



## Daily Journal

Everyday is a fresh start. In order to reap the rewards of a calm, confident life, setting intentions and daily reflections are crucial to growth. A life lived without judgment, without shaming ourselves into action, and with an open heart to accept our desire for more as a beautiful, natural part of life. Going through life on autopilot, hoping for a magical day to feel clear and ready for change can no longer be the reality. Allowing ourselves to identify as being weak, not enough, lesser than, not deserving, or regrets of the past can no longer be our normal. We are enough right here right now. We are powerful. We can change patterns after all we created them. In order to allow transformation to occur and feel how worthy we are, we need to commit with love to small daily intentions and reflections. Use this daily journal as a guide until you find the right ritual to fuel your soul.

*Quote (on freedom, self love, or transformation)*

**In the morning light, before the world is allowed into your day**

My intention for the day:

If I could get these 1-2 things done, I would be satisfied:

When will I do them:

My goal is to feel:

### Lunch time

Pick one action to complete before dinner. Check off your action.

One random act of kindness

Listen to a guided meditation on an app like Buddify or Calm

Take 10 deep breaths. Say Let as you breath in, Go as you breath out.

Text someone you love them or are thinking of them

Get outside for 10-20 minutes and let sun shine on your face.

Shut your phone off and read a fun book for 15 minutes.

As you lay in bed, turn off the television and phone.

One thing I am proud of myself for today:

One thing I want to improve for tomorrow:

Three things I am grateful for today. *Be as specific as possible.*