



stepping
into my
power

creator
of my
own reality

go with
your *gut*

You don't need to put pressure on yourself to journal every single day in order for it to be effective, the best thing you can do to help create this habit is by implementing 2-3 journaling sessions into your weekly routine. Before you know it, you'll find yourself journaling more frequently without it being a daunting task!

Use the question template to help guide you with easy gratitude, find a notebook, or use notes in your phone on your computer (I highly recommend writing it down however to prevent phone distractions), you will find this hard at first, but the more you do it the more you will start to notice the benefits of gratitude journaling and how it makes you feel!

How does this help you with your goals???

1. When you can show yourself how you can be consistent with a task such as journaling you have proven to yourself that you can be consistent, this is something you can apply to your goals, wants, and desires too.
2. When you appreciate yourself more, your surroundings, and your wins you are ultimately going to be happier, making life easier and more free-flowing. With this naturally comes better decisions when it comes to your motivation and getting those daily tasks done that you desire to get done.
3. When you feel as though something just isn't quite right with your progress, journaling is a great way to reflect on it, to help you let go, learn, grow and move on.



This is your daily journaling template to help you with your entires, feel free to write whatever your heart desires, when you are stuck with what to write, this template is great to follow.

Today I am grateful for:

-
-
-
-
-

Three things I am looking forward to:

-
-
-

Three things I desire to accomplish today:

-
-
-

Two people, I am grateful to have in my life:

-
-

Today I achieved :

Use this template if you are feeling any sense of hurt, anger, fear, and even love. If your day was affected by any of these feelings good or bad, use this reflection tool to help you. First write it down, and then when you feel up to it, say it out loud and let the universe hear you!

Today I felt:

It affected me because:

What can I do to turn this feeling into a positive:

What can I learn from my experience today/this week:

Regardless of this/these feelings I know I can:

Repeat this affirmation to yourself (10 times):

"No one is me and THAT is my power"

Okay, this is the scary one, well what you may have thought was scary and confronting at first, but really it's an incredible tool to help you LET GO!

If someone or something affects your mood, then you need to let the universe hear it so you can let it go and carry on with your day/night.

This is best done out loud visualising the person or thing that made you feel hurt, anger, love, or fear.

Remember it's just you and your space when you do this you have nothing to be afraid of when you are getting clear with your feelings, especially when it's just you on your own, nobody is judging you.

Visualise the person/thing/place and look at it/them, now tell them:

PERSON/PLACE/THING you make me feel (feeling)
because.....

It.....made me feel because.....

I want you to.....

I won't let you/it.....

And now I let it go.

Sometimes hopping up and jumping around to shake it off can also feel good and help you to let it go.

It's important to allow yourself to feel, but then you must also learn to let it go and not let it stop you from going about your day, or evening, because when it does you can affect your sleep pattern, your good daily habits you implement or even just getting what you want to be done, done!

Here's an example for you:

I choose to visualise this person, her name can be daisy, by looking straight at my wall.

Out loud I say to this spot on the wall who has become Daisy:

Daisy, you make me feel anger because I did not appreciate the way you spoke about my ability to be able to help Kate with her personal development plan and coaching.

Daisy, it made me feel anger because you went behind my back, and you spoke words that were untrue and unlike my character.

I want you to you to stop talking badly about me just because you did not put in the work to get your results.

I will no longer let this affect me however because I am ME and that is enough, my ability is incredible and I know that I have what it takes to help people with their personal development.

And now I let it go.





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