

Instructions for Completing the Journal Entries

We are doing this journaling to raise our vibration and bring us into alignment with who we are and what we want to create in our life.

-(Today, my day will be) - Make your Declaration for the day. Proclaim something amazing, wonderful, magical, unexpected, or exciting is going to happen or occur today. Whatever it is that resonates with you for the day.

-(The dominant feeling(s) that I am going to feel today) - What is the dominant feeling or emotion that you want to experience in your life today.

-(My intention for today is) - Your Intention is your dominant feeling for the day. You are setting up, for yourself, how you want your day to go. You are providing yourself with a sense of direction in your day. You want for you to make the intent to see what you want to see.

Ex – I will look for my positive thoughts and focus on them. I will do something fun. I will live today as the best version of myself. I will remember to focus on living in the moment. I will try something new. I will experience joy in my life today. I accept myself as being worthy and capable of receiving love. I intend to make someone smile today.

-(What I love about myself) – Allows you to focus on the things that you love about you. To help to create and maintain positive feelings about yourself and who you are.

-(Self-Love, Self-Care Practice for today) – What practices would you like to incorporate into your day today. Practice(s) that feel good to you.

-(Gratitude) – List 5 things that you are grateful for. Really feel them and allow your emotions to come through.

-(Affirmations) – What are the affirmations that you want to focus and recite today. You want to feel as if these are already fulfilled. One of the easiest ways to create new beliefs is by saying the affirmations and feeling as if it is already here. You can write them down or recite them from another sheet. You can also carry the sheet with you if you choose to recite them several times throughout the day.

-(Visualization) - Be still and feel the feelings you want to experience in your life. See the vision of your life, your future as already happening. Imagine that you already have what you want and that you are living it now. Imagine that your future is your current reality. Lock this into you. Really feel the emotions and what it would be like to live that. Picture it in your mind as already happening. Use all of your senses. You can alter or enhance your vision as you grow and expand.

-(Guidance for the day) - Once you have completed your visualization, be still and ask for guidance for the day. Are there any messages that you are receiving or insights that are coming to you?

-(What actions can you take that are in alignment with what you want and are creating in your life.) List the actions can you take today that are in alignment with what you want. Actions that can help to put you in alignment with your vision and help to create it in your life.