

MY DAY JOURNAL



- Gain Personal Insight
- Manifest Your Dreams
- Achieve Great Clarity
- Find Answers Within

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Reflecting on and answering powerful questions can really help clarify issues you didn't even know were occupying space in your mind. Looking for answers within will empower you to grow more and to find your truth, your voice, your real deal.

You will make greatest progress and be able to dig deeper if you create a set time of day that you dedicate to journaling each day. Decide to incorporate this in the morning, at noon, or in the evening as it works for you. Consistency is step one in building a habit!

The following pages share some guidelines to move you through the motivations and questions on each page to help you dig deep.

Affirmation

Select an affirmation each morning that you will repeat throughout the day. Write it down, and say it out loud at least three times. Give your affirmation more power by saying it while looking at yourself in the mirror.

If you are looking to advance in your career, you might select an affirmational phrase such as, “My colleagues easily see my expertise and passion.”

If you are aiming to spend more quality time with your kids, stay positive: “My children are aware of the treasured time we share together.”

Gratitude

Keep it simple; the more focused you can be on what is important to you, the better. Find gratitude for small things like finding your ideal pillow to great things that are sometimes obvious, like having healthy legs that can get you to go for a walk every day if you so choose.

Positive Habits

Are you organizationally challenged? Need to remember to eat your fruits? Whatever specific good habit you want to focus on this week - or even day - record it here, and tick it off if you succeeded in achieving it.

Emotion

This is a spot to record your general mental framework each day. It is meant for you to refer back to as you watch your growth. The idea is to just use a few words to capture your mood; but if it helps to write more, please feel free to do so.

Motivation

A little inspiration quote to keep you motivated.

Consideration

This sets the reflective intention for the day. As you read the daily consideration, think on the topic simultaneously specifically and generally.

Reflections

Even though the questions are created with the intention for you to “go deep,” try your best to answer as quickly as possible, and put down your first response when thinking about it. Use pencil if you want, or write on another sheet. You can keep answering the same questions over time and you’ll be surprised what you bring up as you go through the process.

Dream / Goal

Think of your dream like a goal. As you set out, think of something you want to achieve in the longer term, something realistic, and quite specific. Define that you don’t just want to be rich; you want to earn \$10,000 a month while working 20 hours a week. Write it down. Then give actions to the priorities you want to achieve by putting each goal on your calendar.



DAY 1

My Day Consideration:

Take 30 minutes today to tidy your living space. If you need a deep clean, focus on that. Or maybe you just need to clean up your desk space. Otherwise, see if you can find a box worth of items (or more!) to donate or sell. Work to let go of attachments and declutter your mind-space along with your living-space. When you have completed the task, take a moment to take in the lightness that surrounds you from this relatively small action.

My Day Affirmation:

My Day Positive Habits:

My Day Gratitude:

My Day Emotion:

My Day Motivation:

“Sometimes letting things go is an act of far greater power than defending or hanging on.” ~Eckhart Tolle

DAY 1

My Day Reflections:

What objects do I hold onto because they provide me with a motivating connection to a positive moment from my past?

What items do I hold onto that cause me to remember negative moments from my past? Why do I choose to hang onto them, and not let them go?

DAY 2

My Day Consideration:

Define a dream / goal that you truly want to realistically achieve. Meditate on it. Imagine it. Manifest it. Just don't obsess over it, and definitely don't worry about it. When you think too much about your future, you take away from fully appreciating the journey you are on currently and Law of Attraction says it pushes it away. Try to catch yourself when you become preoccupied with your ultimate dream. When you do, take a moment to express gratitude for something in your now.

My Day Affirmation:

My Day Positive Habits:

My Day Gratitude:

My Day Emotion:

My Day Motivation:

“Remember then: there is only one time that is important - Now! It is the most important time because it is the only time when we have any power.”

~Leo Tolstoy

DAY 2

My Day Reflections:

What proactive steps can I take today on my journey that will reach me closer to my ultimate destination?

Can I identify a time in my past when I recognized that I wasn't focused on the present, and I lost out on an opportunity or missed an important event?

DAY 3

My Day Consideration:

In anticipation of something good and light coming into your life, open a window or two in your home to let in air (even if it is cold out). Allow fresh air to radiate throughout your living space, and breathe in the freshness of nature. Studies show that opening two windows 5-10 minutes a day to allow a draft of fresh air is better for your health. Take this moment to appreciate the wonderful service your windows provide when they are closed!

My Day Affirmation:

My Day Positive Habits:

My Day Gratitude:

My Day Emotion:

My Day Motivation:

“Some old-fashioned things like fresh air and sunshine are hard to beat.”

~ Laura Ingalls Wilder

DAY 3

My Day Reflections:

Besides letting in fresh air, what is another positive daily or weekly habit can I incorporate into my schedule?

What can I do today that will put me in a position to allow something good to come to me?

DAY 4

My Day Consideration:

Share your dream with a friend who you haven't already spoken to about it. Confiding in someone else is very liberating. Speak about your dream with confidence and share how you plan to achieve your incredible goal. Surrounding yourself with high-vibe friends will keep you lifted higher and you are more likely to succeed at accomplishing your goals.

My Day Affirmation:

My Day Positive Habits:

My Day Gratitude:

My Day Emotion:

My Day Motivation:

If you hang out with chickens, you're going to cluck and if you hang out with eagles, you're going to fly." ~ Dr. Steve Maraboli

DAY 4

My Day Reflections:

Do I surround myself with people who lift me up? How can I find more people like this in my life?

Can I remember a time I shared an accomplished goal (no matter how small) with someone else and they were happy for me? What was the goal, and who was the supporter?

DAY 5

My Day Consideration:

Start your day as if you already have what you want, that you are living your dream. Truly imagine that your greatest dreams are happening right now and as you pass through your day, with as much realistic visualization as you can. What does the room look like you are standing in? What are you wearing? Step into already having achieved your dream. See it, smell it, hear it, feel it, in as much detail as possible. Keep this thought throughout the day, and visualize in real time as you move through all your daily activities.

My Day Affirmation:

My Day Positive Habits:

My Day Gratitude:

My Day Emotion:

My Day Motivation:

“If you want to reach a goal, you must ‘see the reaching’ in your own mind before you actually arrive at your goal.” – Zig Ziglar

DAY 5

My Day Reflections:

What action can I take today that will move me closer toward my goal?

Describe one aspect of your dream in detail using primarily smells or textures.

DAY 6

My Day Consideration:

We are each gifted individually with our unique set of challenges and positive attributes. Be mindful not to get caught in the trap of measuring yourself against others. Think of two or three of your best attributes. If you are really brave, take action to ask someone you trust to tell you one or two of your best attributes. It is important to recognize that we are doing well for ourselves, and to not compare our radiant star to our neighbors, but to shine brightly together.

My Day Affirmation:

My Day Positive Habits:

My Day Gratitude:

My Day Emotion:

My Day Motivation:

“The meaning of life is to find your gift. The purpose of life is to give it away.”

~ William Shakespeare

DAY 6

My Day Reflections:

My best attributes are the following (write at least one sentence about each of the best attributes):

What strategies can I start to incorporate in my daily life that will help me put into perspective my difference yet similarity to others in my life?

DAY 7

My Day Consideration:

Belief in the Law of Action is paramount to success in manifestation. You must take action, however imperfectly it may be, in order to move closer to your desired goal or dream. Often times we are a bit paralyzed to take action because we don't really have a plan. Your goals can revolve around smaller things like keeping organized and larger things like changing careers. The key is to make a list of action steps and then identify tasks to complete that can be completed in a realistic amount of time.

My Day Affirmation:

My Day Positive Habits:

My Day Gratitude:

My Day Emotion:

My Day Motivation:

“You don't have to be great to get started, but you have to get started to be great.” ~ Les Brown

DAY 7

My Day Reflections:

What has unclarity cost me over the last few years? (What have I not achieved that I have potential to achieve?)
How can I move into happily performing imperfect action?

What are three tasks I can put on a list for each of action steps that will move me closer to my dream?

WEEK REVIEW

My Week Reflections:

What was one of my greatest wins this week, and how can I build on my momentum?

What positive habits did I consistently perform this week and what benefit did I feel as a result?

If I'm being honest, I spent ___ minutes meditating in total this week. Do I think I could sit this many minutes or more next week? If yes, how many minutes will I commit to giving myself? ___ minutes

WEEK REVIEW

My Week Reflections:

What was my greatest personal insight this week?

What was a connection I made this week that will help move me toward my dream / goal?

What are my top priorities for next week?

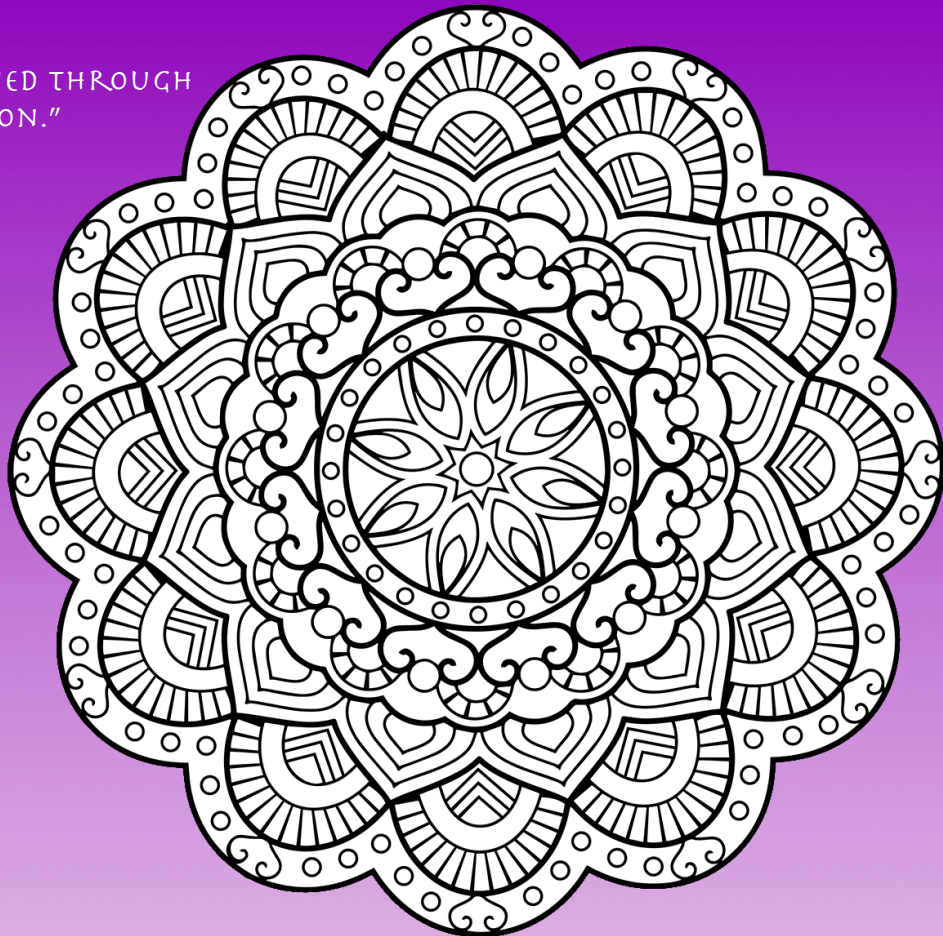
List of affirmations you might use in the journal:

- I am trusting my inner wisdom and guidance
- I am honoring the best parts of myself and share them with others
- I am replacing fear with love in my heart
- I am proud of all I have accomplished
- I am comfortable with the decisions I make
- I am treated with consideration and respect
- I am powerful and confident
- My intuition leads me to the most lucrative opportunities
- I recognize my many strengths
- I am grateful for this new day
- My assertiveness enriches my relationships
- I am living my dream
- I am at peace with every situation

- I am experiencing fantastic success
- I look in the mirror and I love what I see am patient in every situation
- I am in love with myself
- I am feeling love all around me
- I am choosing the right foods for me
- I am receiving more money every day
- I am getting more awareness every day
- I am a genius
- I am an excellent money manager
- I am surrounded with loving, supportive friends
- I am in control of my emotions and let go easily
- I am persistent and disciplined
- I am good and I know it

"STRENGTH IS GAINED THROUGH
INWARD REFLECTION."

~ HEATHER FELTY



EVOLVING YOUR HEALTH



Heather Felty, the Almost Vegan Mama, started **Evolving Your Health** as a platform to create a positive change in people, both physically and mentally. She works with groups and individuals to create positive changes in their lives. Her customized coaching programs guide her clients on a transformational discovery of personal joy, mindful living, deep self acceptance, and finding clarity even in times when feeling stuck.

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