

YOUR 30-DAY INSPIRED RESTART **JOURNAL**



WELCOME



Journaling is more than just writing down your feelings. It's the act of scheduling time every day to focus your thoughts and help define your mindset.

When approached as a habit (like brushing your teeth), journaling will start to reshape your life and help you feel more confident and in control. Not bad for a few minutes of work.

This journal is designed for 30 days of use. The first few pages provide a space for you to define up to four goals for the month. Use this space to get crystal clear on what those goals look like and why they are essential to you. Next, try and feel the feelings you will have when you achieve those goals. Refer back to them often and remind yourself why they are important. After that, you have two pages per day to journal. Every morning you should create your day by answering the question prompts. These questions will help you optimize your mindset and focus for the day. Then use the 2-minute journaling section to write down your thoughts and feelings. The Evening section allows you to review your day and spend a few moments defining how you want to spend the next day. That type of preplanning will enable you to have a more restful sleep because you have removed some of the anxiety around our all-too-common hectic lifestyle.

If you can commit to a month of journaling, you will have built a positive routine as you start to design your Inspired Life.





MONTHLY GOALS

For the month of

It's essential to have a direction as we move through our lives. Setting goals helps provide us with direction by setting a target to aim towards. In addition, your goals help define the actions you take every day. When you are committed to a goal, you subconsciously look at decisions to see if they move you towards your goals or away from them.

You aren't writing these goals in stone, so don't think you have no option to change them. As you grow and change, so will your goals. Use these two pages to define four goals for the month. You don't need to have four goals, and you can use extra paper if you have more than 4 (but don't take on too many goals, or it may be overwhelming)

GOAL 1.

Why is it important to me?

What is standing in my way of achieving this goal?

How will my life change when I achieve it?

What is my first step?

GOAL 2.

Why is it important to me?

What is standing in my way of achieving this goal?

How will my life change when I achieve it?

What is my first step?

GOAL 3.

Why is it important to me?

What is standing in my way of achieving this goal?

How will my life change when I achieve it?

What is my first step?

GOAL 4.

Why is it important to me?

What is standing in my way of achieving this goal?

How will my life change when I achieve it?

What is my first step?

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

**"I am going to CREATE my
day. CHANGE starts NOW"**
– Said by YOU

TODAY'S DATE

MORNING

1. What is your I AM affirmation for the day (make it powerful and personal)

I AM

5. Do I have any tasks that I can delegate to someone else?

2. What am I grateful for in my life today?

6. What do I WANT – What is the one BIG, AWESOME goal that I want to achieve?

3. I chose my emotions.
How do I want to feel today?

7. What is the most important thing for me to focus on today

4. What do I want to accomplish today to set me up for success?

2-MINUTE JOURNAL SPACE

1. What worked well for me today?

2. What could I have done differently today to make it better?

3. What made me happy, excited, proud (or ALL of the above) today?

4. What do I want to focus on tomorrow?

5. Repeat my "I AM" affirmation.

2-MINUTE JOURNAL SPACE

GREAT JOB!

Journaling is a powerful tool that can help build your Inspired Life

If you can make journaling a daily habit, you will start to see profound shifts in your mindset and emotional well-being.

This journal has been designed to provide you with an entire month of space to build your journaling habit. Feel free to use it as many times as you need

Do you have friends, family, coworkers or other humans you believe could benefit from positive changes to their mindset? If so, please feel free to send them a copy of this e-journal

Or send them to

<https://www.an-inspired.life/lifetools>

for other tools and life hacks to help build confidence and create a compelling future

TO LEARN MORE, SET UP A FREE DISCOVERY CALL WITH ME

Christopher Mitra
LIVE AN INSPIRED LIFE



Do you want to build powerful momentum in your life? Does your confidence lack, or do you have an important goal that you can't achieve?

Coaching is a proven technique to help get you over the roadblocks in your life

99% of individuals and companies who hire a coach are satisfied or very satisfied with the results ¹, and a client ROI (Return on Investment) can be as high as 221% ²

Whether you want rock-solid confidence, help to build a business, a way out of the procrastination cycle, the mindset of a kick-ass leader or simply more enjoyment in life, coaching is the rocket fuel to ignite your journey

¹ (<https://www.ipeccoaching.com/hubfs/What%20is%20Coaching%20-%20iPEC%20Coach%20Training.pdf>)

²(<https://onlinelibrary.wiley.com/doi/epdf/10.1002/pfi.167>)