

JOYFUL LIFE INTUITIVE
GUIDANCE

*Daily
Life
Journal*

Daity Life Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED

What inspired me today:

HOW I WILL DO MY BEST TOMORROW:

3 minute Daily
SELF-ESTEEM
JOURNAL

SOMETHING I DID WELL TODAY:

TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



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WEEKLY REFLECTION PAGES

WEEK OF: / - /

Accomplishments:

WHAT I WANTED TO GET DONE, BUT DIDN'T

Affirmation:

I RELEASE WHAT IS UNDONE, KNOWING I AM
MORE THAN MY PRODUCTIVITY

ANXIETY VS. PEACEFUL THINKING

Worksheet

The worksheet consists of three rows. Each row is designed for a comparison between two states of mind. On the left of each row is a rectangular box with a double-line border, intended for writing about 'Anxiety'. A horizontal arrow points from this box to the right. On the right of each row is a hexagonal box with a double-line border, intended for writing about 'Peaceful Thinking'. The three arrows are colored green, purple, and blue from top to bottom.

MY TO RELEASE LIST

Things and people that distract me and waste my time:

Things and people that stress me out and give me anxiety:

Things, activities and people that drain my energy:

Things I feel obligated to do:

Things I can let go of:

Things, situations and people I can't control or aren't my responsibility:

SPIRITUALITY

WEEKLY VISION

FAMILY

Worksheet

*I am
worthy of
balance
&
harmony.*

WEALTH

CAREER

HEALTH

LOVE

KNOWLEDGE

*Reach me
here*

www.joyfullifeintuitive.com
&
Joyfullifeintuitive@gmail.com

Blessings on your journey!