

Intentional Living Journal (30 Day Refill Pages)

By

Coach Michele
www.MyLifeCoach.com

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?

Date:

My intention for today:

My observations of today:

Who bothered me today?

What aspects of myself am I uncomfortable with that allowed me to be upset by that person? Or, said another way, in what way did that person mirror an aspect of myself or the way I conceive of myself?

What thought/idea troubled me or stressed me today?

What would be the best way to handle this? (Choose best option and describe strategy)

- Action Step and/or Communication:
- Reframe:
- Forget about:
- Other:

What I learned today:

Compliments/kind acts given today:

Compliments/kind acts received today:

What would I like to create most in my life right now?

Why?

What would it look like?

How would it feel? (Describe in writing then experience/enjoy the feeling as long as it is comfortable for you.)

What I am grateful for:

These people need special support/energy/prayer right now:

Is there anything else important for me to know/remember right now?