

Intentional Living Journal  
to Accompany the  
Life Coaching Intentions eCourse

By

Coach Michele  
[www.MyLifeCoach.com](http://www.MyLifeCoach.com)

# Dedication

I, \_\_\_\_\_, am keeping this journal for the purposes of:

*(fill in your reasons for keeping this journal and living an intentional life)*

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Signed,

\_\_\_\_\_

on this \_\_\_\_\_ day, of the \_\_\_\_\_ month, 20 \_\_\_\_.

## Instructions/Sample Entries

Date: Enter today's date

My intention for today:

Your intention is what you plan to implement with your mind, heart and actions. Follow the provided intentions for the first 30 days as part of the Life Coaching Intentions eCourse...then re-use your favorites or make up your own. This section should be filled out/reviewed at the start of your day. The rest of the sections should be completed at the end of your day.

Example: Today I intend to feel peaceful.

My observations of today:

Write down anything you noticed, learned, realized or experienced today.

Example: I noticed that I was able to feel peaceful most of the time. It was hardest when bombarded with messages from the TV. Maybe I don't need to be watching the news each and every night...It doesn't seem to be helping me maintain my peaceful frame of mind.

Who bothered me today?

Note anyone, in your personal experience, or on the news, TV, etc., that you experienced a negative emotional reaction in association with.

Example: Donald Trump, when he was bragging about his new building.

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?

If this person upset you, there has to be a reason this particular person "pressed your buttons". What do you think it might be?

Example: Donald has no trouble communicating how great he and his projects are...I think people that do that are braggarts...But perhaps the truth is that I could stand to speak up more about \*my\* accomplishments. I think it bothers me that I don't speak up for myself enough.

What thought/idea troubled me or stressed me today?

Write down something that stressed you today.

Example: I don't really want to go to Aunt Edna's house on Sunday.

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

✓ Action Step and/or Communication: Something to say or do.

Example: I will phone Aunt Edna tomorrow, thank her for the invite, but let her know I won't be able to make it on Sunday.

□ Reframe: A better way to think about this that is also true, but is more positive.

□ Forget about: I can't control this, so I need to let go of the worry.

□ Other: Another positive approach I can take.

What I learned today:

Write a few thoughts about what you learned today. Getting in the habit of asking yourself this every night will enhance your learning and growth!

Example: Today I learned that I sometimes allow my environment to get to me and take me away from the peace I want to have inside.

Compliments/kind acts given today:

Example: I thanked Bob for his excellent work on the Acme project today...He seemed really appreciative of that.

Compliments/kind acts received today:

Example: That nice man at the grocery store pointed out when I dropped my wallet...Wow, did he save me a hassle!

What would I like to create most in my life right now?  
Write about something you would like to have, be or create.

Example: I would like to spend more time on my painting.

Why?

Write about why this is important to you... What values of yours would this fulfill?

Example: Painting lets me express my creativity, and creativity is important to me.  
It makes me feel like me.

What would it look like?

Describe what this would be like.

Example: I would keep my painting set up so it is easy to get to. I would have uninterrupted, sacred time for my art. I would have lots of supplies so I can always paint on a moments notice.

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

Describe how this would feel, and really feel the feeling.

Example: It would feel so liberating and inspiring. It would feel like I am in the moment, with just creative energy flowing through me onto the canvas.

What I am grateful for:

List some things you feel grateful for.

Example: I feel grateful for my warm home, my pets, my family, my career, my artistic abilities, this great country I live in, my health, my car and my daily opportunities for growth and learning.

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

Example: Cousin Sarah as she faces her surgery tomorrow. The people of Iraq and those trying to help the situation there.

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

Ask yourself this question and see what answer you get!

Example: Although I have had some trying times of late, I can see that I am finding ways to be happier, and that is important to me.

## Journal Entries

Date:

My intention for today:

**Day 1: I intend to see the best in those around me, and compliment them on it!**

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:

**Day 2: I intend to look for ways to have fun in every moment.**

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:

**Day 3: Today I intend to take action on at least three things that I have been procrastinating about, and feel great about those actions.**

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:

**Day 4: Today I intend to treat my body with the utmost care in my thoughts, language, nourishment and activities.**

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:

**Day 5: Today I intend to tell at least three people how much they mean to me.**

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:

**Day 6: Today I intend to find the joy in everything.**

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:

**Day 7: I intend to be aware of my thoughts and feelings.**

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:

**Day 8: Today I intend to buy or do something special for myself, with no guilt, only enjoyment.**

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:

**Day 9: Today I intend to smile and say hello to at least three people that I wouldn't normally do so.**

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:

**Day 10: Today I intend to do something special with my loved ones.**

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:

**Day 11: Today I intend to find the humor in everything.**

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:

**Day 12: I intend to notice when I am worrying about something, then, just for today, resolve to let go of it.**

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:

**Day 13: Today I intend to only engage in activities that are a 9 plus for me, or make things a 9 plus.**

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:

**Day 14: Today, I intend to notice the things that I care deeply about.**

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:

**Day 15: Today I intend to really admire and appreciate nature and what it has to offer and teach me.**

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:

**Day 16: Today I intend to only engage in conversations and activities that empower me.**

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:

**Day 17: Today I intend to notice when I say things to myself that make me feel bad, and find ways of thinking of things that make me feel better.**

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:

**Day 18: Today I intend to be inspired.**

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:

**Day 19: Today I intend to say “no” to the things I don’t want.**

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:

**Day 20: Today I intend to improve my physical environment in ways that are important to me.**

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:

**Day 21: Today I intend to tell people how they can help me, and be grateful for the assistance.**

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:

**Day 22: Today I intend to only be positive in my inner and outer speech.**

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:

**Day 23: Today, I intend to feel gratitude towards everything in my life.**

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:

**Day 24: I intend to turn my don't wants into wants, and enjoy those feelings.**

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:

**Day 25: Today I intend to give myself only positive messages about money.**

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:

**Day 26: Today I intend to discover more about my unique gifts I bring to the world.**

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:

**Day 27: Today I intend to not judge myself or anyone else.**

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:

**Day 28: Today I intend to be in the now, living each moment to its fullest.**

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:

**Day 29: Today I intend to learn something that can help me enjoy life more.**

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:

**Day 30: Today I intend to imagine, without limitation, how I would love my life to be.**

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)

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- Reframe:
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- Other:

What I learned today:

Compliments/kind acts given today:

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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.)

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

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My observations of today:

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