JOYFUL LIFE INTUITIVE GUIDANCE

Jaily J.	ife Journal
DATE: M T W Th F Sa S	THINGS I'M THANKFUL FOR:
CHALLENGES I FACED	
What inspire	ed me today;
HOW I WILL DO MY	BEST TOMORROW:



TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



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WEEKLY REFLECTION PAGES

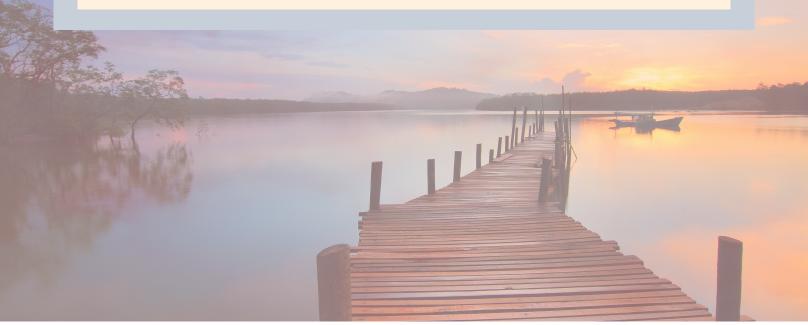
WEEKOF: / - /

Accomplishments:

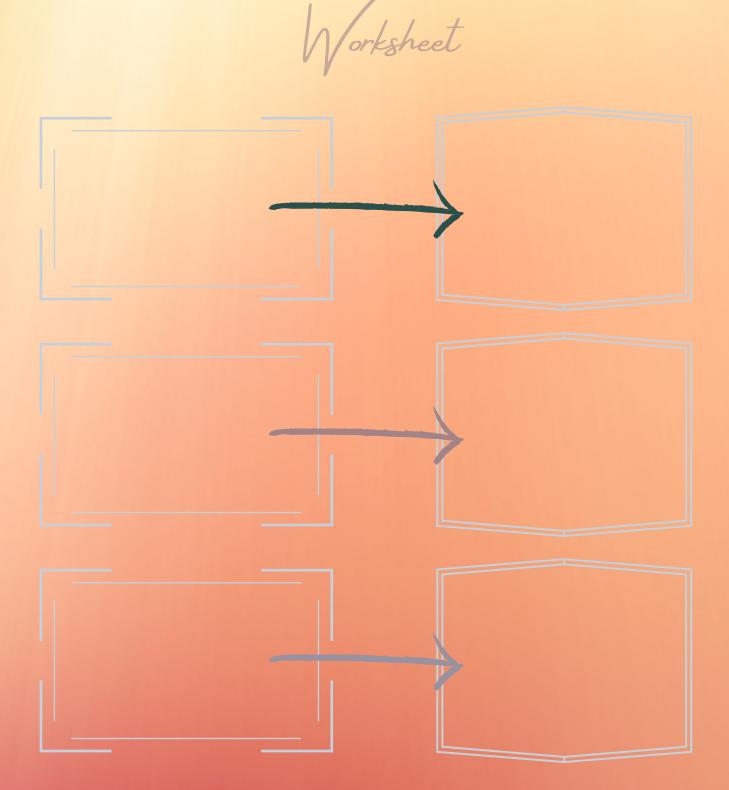
What I wanted to get done, but didn't

Affimation;

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

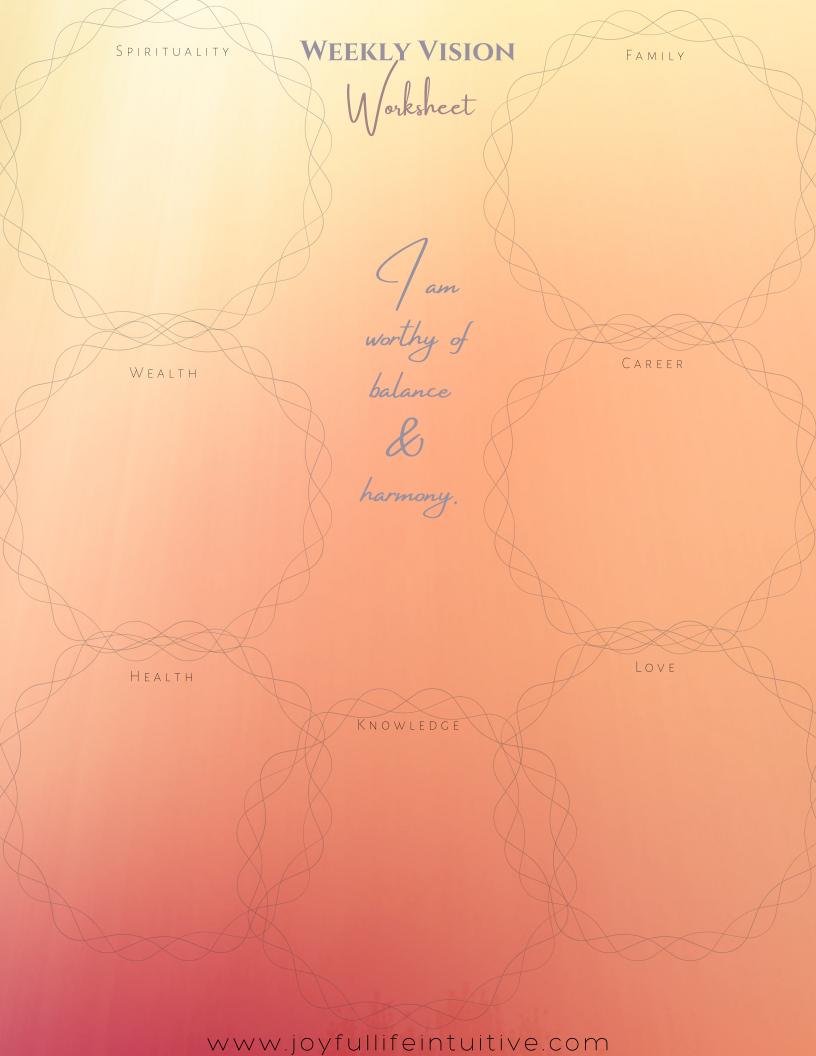


ANXIETY VS. PEACEFUL THINKING



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, 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 arent' my responsibility:



Leach me here

www.joyfullifeintuitive.com & Joyfullifeintuitive@gmail.com

Elessings on your journey!