

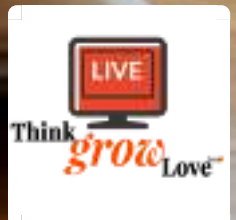
21 DAY CHANGE YOUR LIFE PROCESS

SO LONG AS YOU DON'T STOP

Morning & Evening Journaling



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Morning Journal

INTRODUCTION

Want to live a life full of purpose and meaning but not sure where to begin? Maybe you're in a situation that you desperately want to change but not sure which way to turn. That was me a number of years ago when this journaling process was given to me. Follow it for 21 days watch how it changes your life.

THE PROCESS

21 days to break a habit and begin anew. The steps to begin the process:

- Morning and Evening Journal
- Sign the Commitment Letter
- Block time on your calendar
- Find an accountability buddy

USE THE SPECIFIC AFFIRMATIONS IN THIS PROCESS

Morning Journal

INTRODUCTION

When you wake up, before you get out of bed, it is time to write your morning affirmations and positive intentions for the day. Start your day with intentional silence, positive affirmation and a morning letter from your Inner Potential.

THE PROCESS

MORNING LETTER

Dear [Name] The Personality

Write affirming truths from your heart. No Negative words or phrases, just positive.

Sign off with:

Love,

Your Inner Potential

Write your morning affirmations, the same number of times as your evening affirmation

THE MORNING AFFIRMATION

DYNAMIC CHANGES FOR GOOD ARE TAKING PLACE IN MY LIFE RIGHT NOW



Evening Journal

INTRODUCTION

Taking time every evening to reflect on your day and ask for forgiveness where you may have missed the mark is important to the success of creating an intentional life. Your evening letter is a brain dump time, time to let out all those fears and doubts that may have come during the day. Looking forward to tomorrow, mapping out your intention for the next day and finish with the evening affirmation

THE PROCESS

EVENING LETTER

Dear Inner Potential,

This is [your name] THE PERSONALITY. Use this letter to dump everything, a stream of consciousness writing, good bad indifferent. Sign it [your name] the personality

When you finish write the following affirmation 5,10,15 times every night

EVENING AFFIRMATION

I FORGIVE MYSELF RIGHT NOW FOR ALL KNOWN AND UNKNOWN LIMITATIONS I HAVE PLACED UPON MYSELF AND OTHERS



Morning & Evening Affirmations

INTRODUCTION

Choose the number of times you write your evening and morning affirmations for 21 days.

- Write affirmations 5, 10, 15 times each morning and night
- Once you choose a number, stick with it for the entire 21 days. Do not deviate.
- Accountability partners important, there will be times your will power and partner will help you stay on track

AFFIRMATIONS

THE MORNING AFFIRMATION

DYNAMIC CHANGES FOR GOOD ARE TAKING PLACE IN MY LIFE RIGHT NOW

THE EVENING AFFIRMATION

I FORGIVE MYSELF **RIGHT NOW** FOR ALL KNOWN AND UNKNOWN LIMITATIONS I HAVE PLACED UPON MYSELF AND OTHERS