

My Purpose

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My Three Key Goals

1. ┌

2. ┌

3. ┌

WEEKLY ACTIONS THAT TAKE MY GOALS TO THE NEXT LEVEL

Areas of My Life	Rating 1-10	Actions
Fitness Health	┌	┌
Financial	┌	┌
Career	┌	┌
Environment	┌	┌
Joy	┌	┌
Spiratual Self Nurturing	┌	┌
Growth Learning	┌	┌
Connection	┌	┌
Family Love	┌	┌

Start Today with The Clarity Journal— 7 days to seeing things differently

Day 1

What things drain your energy? What feeds your soul?

Identify 1 thing that drains you and change it.

Ask yourself does this feed my soul or deplete it?

List a few things that might drain you and a possible solution.

Surround yourself ONLY with people who are going to lift you HIGHER-Oprah Winfrey

Day 2

What are you not doing due to fear?

What would you do if you weren't afraid?

List a few things that you have wanted to do or try. Is there one you can try today?

And the day came when the risk to remain tight in the bud was more painful than the risk it took to blossom.- -Anais Nin

Day 3

What brings you Joy?

Name 3 things that bring you real JOY! Do more of that.

“Find out where JOY resides, and give it a voice far beyond singing. For to miss the JOY is to miss all.” – Robert Louis Stevenson

Day 4 –

How do you nourish your body?

Make choices that make you feel good. More good- less junk.

Journal about a few foods you could swap with better ones.

“ The first wealth is health” –Ralph Waldo Emerson

Day 5

How is your sleep?

The most underrated beauty secret. Turn off TV, Computer and phones 1 hour before bed. You will fall asleep faster and more deeply. Try this for a week and see! How do you feel about your sleep patterns now?

“ Your future depends on your dreams so go to sleep” Akki

Day 6

Are you moving your body?

A morning exercise routine sets you up for a productive day. Try walking for 20 mins. Breathe deeply and smile. If you already exercise, try something new.

“Exercise is a celebration for what your body can do. Not a punishment for what you ate”

Day 7-

Are you connecting to your inner wisdom or spiritual practice?

Try a few days of meditation. It has been said that prayer is speaking to GOD and Meditation is listening. Sit quietly and focus on the breath for 5 minutes. Journal what is revealed- you can also find guided meditations on YOUTUBE.

“Awakening is not changing who you are but discarding who you are not” Deepak Chopra

This 7-Day Journal is just the beginning to creating awareness around some foundational aspects of your life. Keep Journaling for a few minutes daily to expand on this growth. If you would like to work with me on enhancing these areas please feel free to reach out. alison@craircoaching.com