

Mind Body Soul Alignment Journal

Welcome to Your Alignment Journal

THIS IS THE SPACE FOR YOU TO RECONNECT WITH YOUR AUTHENTICITY, YOUR TRUTH, YOUR POWER, THE INNER SPIRIT WITHIN YOU THAT WE SO OFTEN FORGET ABOUT DURING OUR BUSY DAYS. IT'S SO EASY TO GO THROUGH OUR DAY TO DAY LIFE WITHOUT TAKING TIME FOR OUR WELL-BEING. WE PRIORITIZE EXTERNAL THINGS (WORK, OTHERS, APPEARANCE, SOCIALIZING) WITH EASE. YET, WHEN WE GET THE NOTION TO TAKE A FEW MINUTES TO TUNE IN AND GIVE OURSELVES THE LOVE WE NEED AND DESERVE, EXCUSES POP UP MORE EASILY THAN AMBITION.

THIS SPACE IS CREATED WITH THE INTENTION TO MAKE THAT TIME OF SELF-CARE EASIER AND MORE CONSISTENT IN YOUR LIFE. CARING FOR YOUR WELL-BEING DOESN'T NEED TO LOOK OR BE A CERTAIN WAY. YOU DON'T NEED ANYTHING FANCY FOR YOUR PRACTICE. YOUR PRACTICE IS ADJUSTABLE. IT IS A FLUID PRACTICE THAT WILL SHIFT ON A REGULAR BASIS, DEPENDENT ON WHAT YOUR MIND, BODY, AND SOUL NEED THAT DAY. I ENCOURAGE YOU TO LISTEN TO AND RESPECT YOUR NEEDS. WE OFTEN MAKE OUR DECISIONS BASED OFF OF OTHER PEOPLES' OPINIONS. YOUR PRACTICE SHOULD ONLY BE BASED ON YOUR OWN.

SO, I'VE PROVIDED A SHORT GUIDE BELOW WHICH WILL LEAD YOU TO DO THAT.

How to Use The MBS Alignment Journal

- USE AS PART OF YOUR MORNING OR EVENING ROUTINE. YOU MAY REFLECT ON YESTERDAY'S ACCOMPLISHMENTS OR WHAT YOU ACCOMPLISHED TODAY.
- IF YOU ARE UTILIZING IT AS PART OF YOUR EVENING ROUTINE, I ENCOURAGE YOU TO COMPLETE THE 'DAILY AFFIRMATION' IN THE MORNING.
- DAILY AFFIRMATION: BEFORE WRITING AN AFFIRMATION DOWN, SIT IN SILENCE FOR A FEW MINUTES. TAKE A FEW DEEP BREATHS TO GROUND YOURSELF IN THE MOMENT. FEEL WHAT YOU'RE BEING GUIDED TO FOCUS ON. YOU MAY BEGIN WITH THE PHRASE "I AM...", "I FEEL...", "I HAVE...", "I CONNECT...", OR ANY OTHER WORDS YOU DESIRE
- I'M PROUD OF MYSELF FOR: WRITE AT LEAST 3 THINGS EVERYDAY
- I'M GRATEFUL FOR: WRITE AT LEAST 3 THINGS EVERYDAY
- NOURISHING MEALS CAN BE FOR YOUR HEART AND/OR BODY
- MEDITATIVE PRACTICES ARE ANYTHING THAT CONNECTS YOU INTO THAT MOMENT
- LOVING MOVEMENT CAN BE WALKING, YOGA, HIIT, DANCING - ANYTHING THAT BRINGS YOU JOY
- DOSE OF KNOWLEDGE: PODCASTS/BOOKS/ARTICLES/EDUCATIONAL VIDEOS



Mind Body Soul Alignment Journal

DAILY AFFIRMATION

DATE:

AFFIRMATION:

I'M PROUD OF MYSELF FOR...

I'M GRATEFUL FOR...

DAILY ACCOMPLISHMENTS

<input type="checkbox"/>	NOURISHING MEAL
--------------------------	-----------------

<input type="checkbox"/>	GRATITUDE PRACTICE
--------------------------	--------------------

<input type="checkbox"/>	MEDITATIVE PRACTICE
--------------------------	---------------------

<input type="checkbox"/>	DOSE OF KNOWLEDGE
--------------------------	-------------------

<input type="checkbox"/>	LOVING MOVEMENT
--------------------------	-----------------

<input type="checkbox"/>	KINDNESS TO SELF
--------------------------	------------------
