



My Journal



Finding the Bliss

#EmbraceYourWholeSelf

findingthebliss.com



Welcome to your safe space

Dear Darling,

This journal has been created with love to accompany you on your journey to the life and lifestyle you desire. It's designed to help you keep track of how you're feeling and progressing on a daily basis.

- Use the *Morning Check-in* template to record your mood as you wake up. Journal for 5 minutes about whatever is on your mind.
- Complete the *Full Body Check-In* to develop a closer connection with your body and its internal and external signs.
- State who and what you are grateful for in the *Morning Gratitude* template.
- Start your day by setting your *Morning Intentions* to keep you focused.
- At the end of the day, use *Evening Gratitude* to make a note of what you are grateful for and what your intentions are for the next day.
- Fill your heart with *Things I am proud of accomplishing today are...*
- Evaluate the positive aspects of the past week in the *Weekly Check-in* template.
- Use the *Notes* template to jot down thoughts, feelings, emotions, ideas, goals, or whatever your heart desires.

You can print and bind the pages you want to use, or simply duplicate and edit directly on the PDF.

Enjoy your journey!

May The Bliss be with you,
Luciana P. Moraes

Embrace Your Whole Self



Morning Check in

Today I Woke Up Feeling



Awesome



Good



Okay



Not good



Horrible

5 minute journaling...

Date: _____

Breathe. You are alive!



Full Body Check in

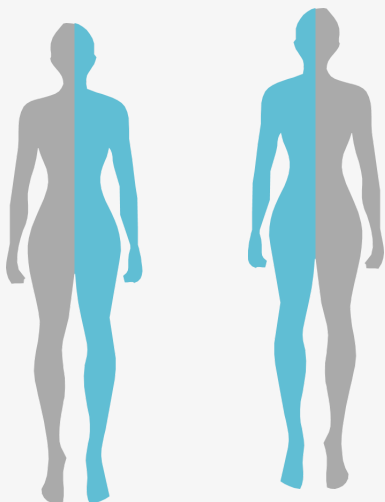
DATE _____

HOW DOES MY BODY FEEL TODAY?



HOW DO I WANT MY BODY TO FEEL TODAY?

WHERE I FEEL PAIN



FRONT

BACK

THINGS I LIKE ABOUT MY BODY

WHAT CAN I DO TO MAKE MY BODY HEALTHIER?

WHAT FOOD IS GOOD FOR MY BODY?

HOW DOES MY BODY MAKE ME FEEL?



Honour your body.



Morning Gratitude

3 people I am grateful for today are...

3 things I am grateful for today are...

3 places I am grateful for today are...

You are enough.



Morning Intentions

Today I want to feel...

3 things I am going to do today...

Today I will spread kindness by...

Happiness is a habit.



Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

Your life is a gift to the world.



Things I'm proud of achieving today are...

Do more of what you love.



Notes

Blank lined area for writing notes.

Nurture a positive mindset.



Weekly Check in

TOP 3 THINGS I DID THIS WEEK

- _____
- _____
- _____

MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT

NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK

--	--	--	--	--

You are exactly where you need to be.



You
are
AMAZING!



Finding the Bliss

#EmbraceYourWholeSelf

findingthebliss.com