

## **Use the POWER OF JOURNALING**

To Create & Celebrate the life you Desire:

- ★ Choose a Special Journal - one that feels special to you
  - One you want to keep & fill with positive energy & joy
- ★ Use a Favorite Pen
- ★ Create a Journal Time Ritual
  - Design a ritual that works for you
  - That puts your mind in a positive state
- ★ Have Fun Writing - in the present w/gratitude & appreciation
  - Imagine & describe what you desire as if it has already happened
  - Vividly feel what it is like to have it, then write it down
  - Record the blessings that you begin experiencing daily
  - Relish in the excitement of all the positive vibes coming into your life
- ★ Enjoy revising previous entries and remembering the moments
  - Gain clarity on what you really want
  - May discover that your real desires are not what you originally thought

**“The more you praise & celebrate your life,  
the more there is in your life to celebrate”**

*Oprah Winfrey*