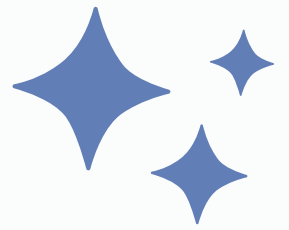
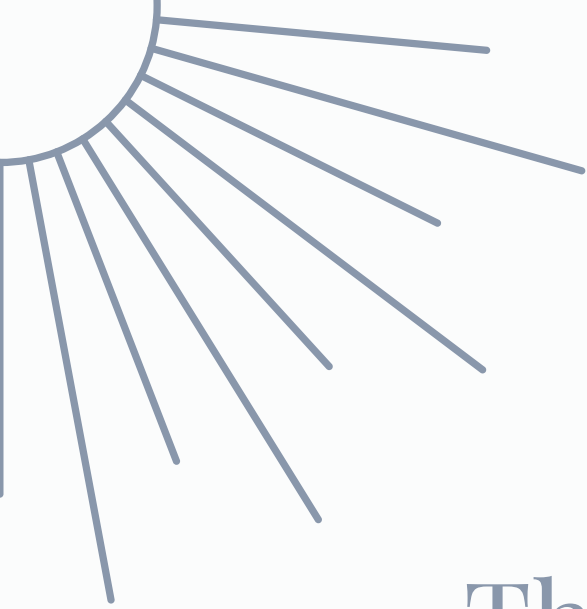


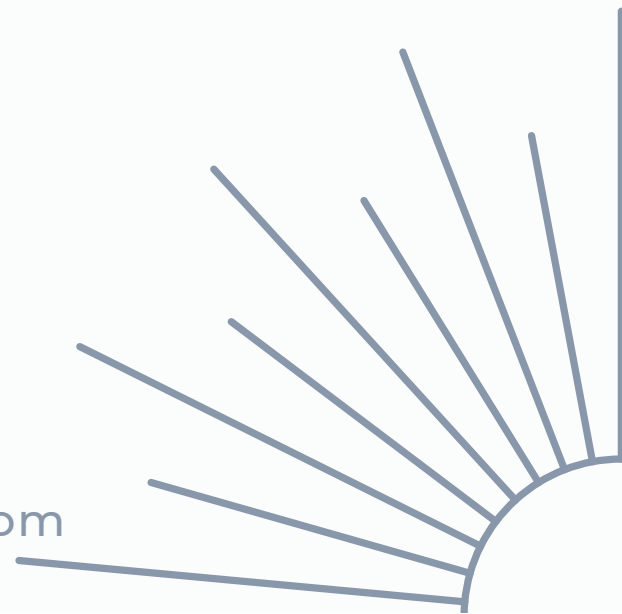


JOURNAL

Self-discovery and awareness journal



The vibration
of being who
you are & doing what
you love is magnetic.
Everything in your life
will begin to align with
that energy.





Now She's Living

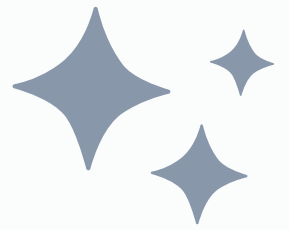
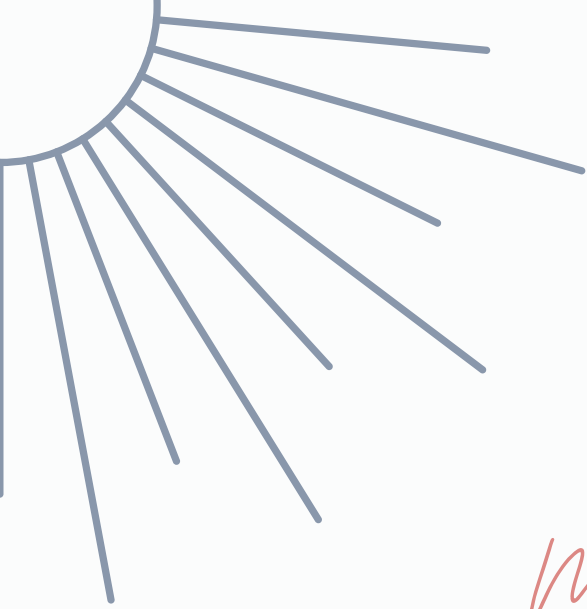
◆ This daily self-discovery and awareness journal is our gift to you. We hope it will help you gain clarity around your goals and desires as you begin this exciting journey. ◆

Our mission is to inspire women everywhere to live intentionally and love themselves unconditionally by healing their lives and reclaiming their light.

Are you ready to start truly living?
Join the Now She's Living movement
at nowshesliving.com

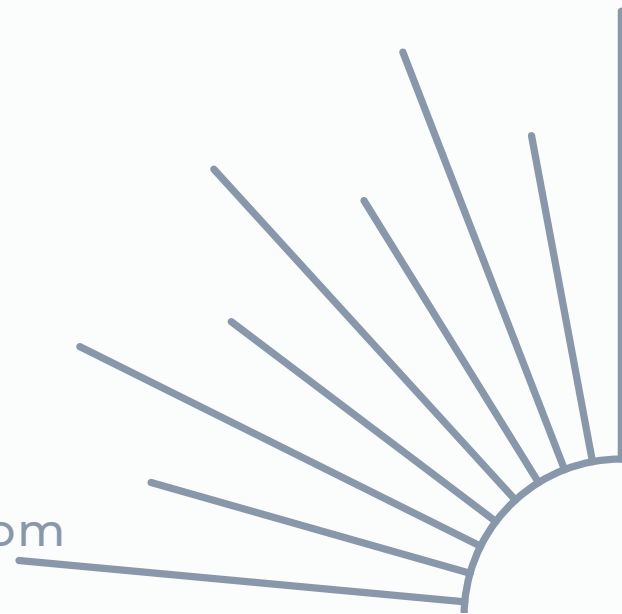
◆ ◆ ◆
nowshesliving.com ◆ ◆ ◆



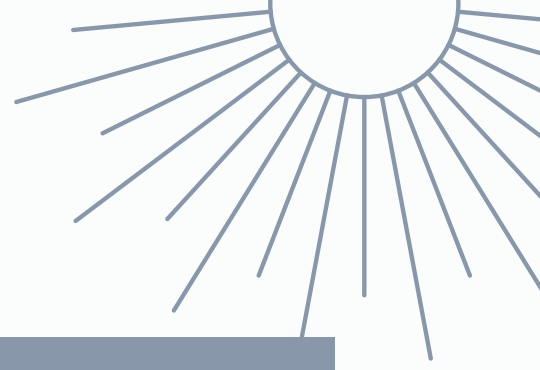


Meditation Tip

Ask your
higher self to share
a message with you
before going
into meditation



daily meditation ✨



Today's Intention

[Empty space for writing today's intention]

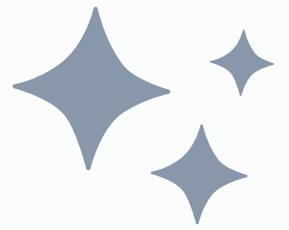
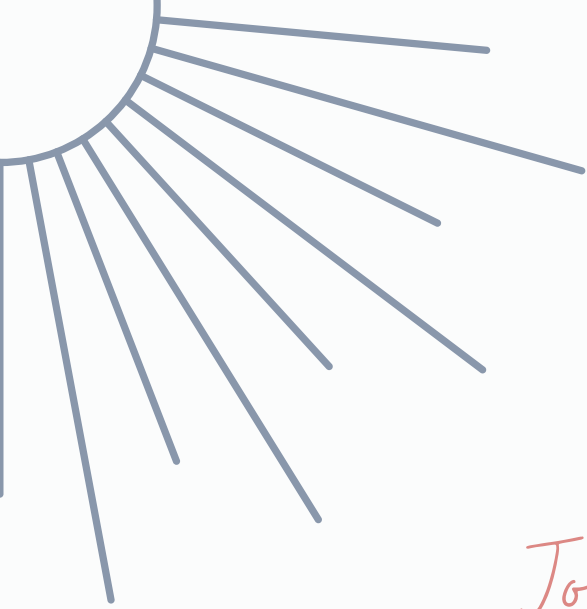
Morning Meditation

[Empty space for morning meditation notes]

Evening Meditation

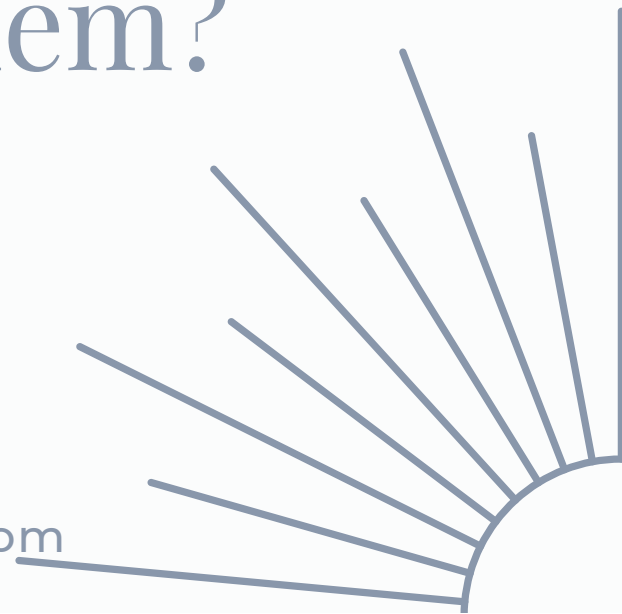
[Empty space for evening meditation notes]



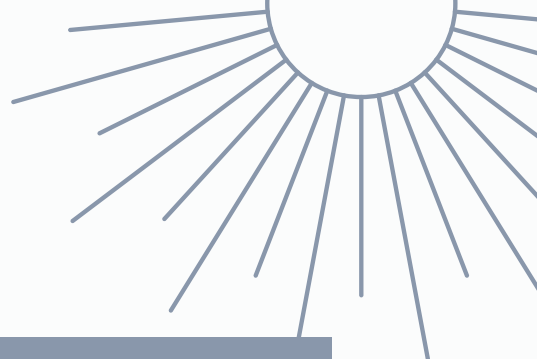


Journal Prompt

What activities
make me the
happiest and bring
out the best in me,
and how can I do
more of them?



daily practice



Mon Tue Wed Thu Fri Sat Sun

How Do You Feel?

Blank area for writing responses to 'How Do You Feel?'

Can You Feel Better?

Blank area for writing responses to 'Can You Feel Better?'

I feel amazing when I

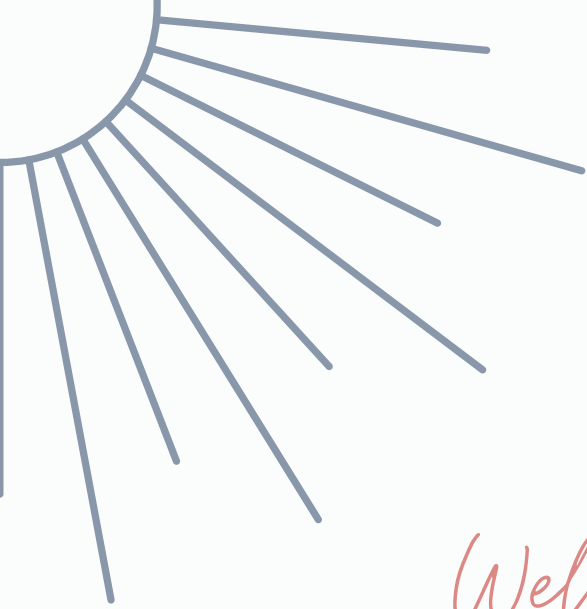
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Today's Intention

Blank area for writing 'Today's Intention'

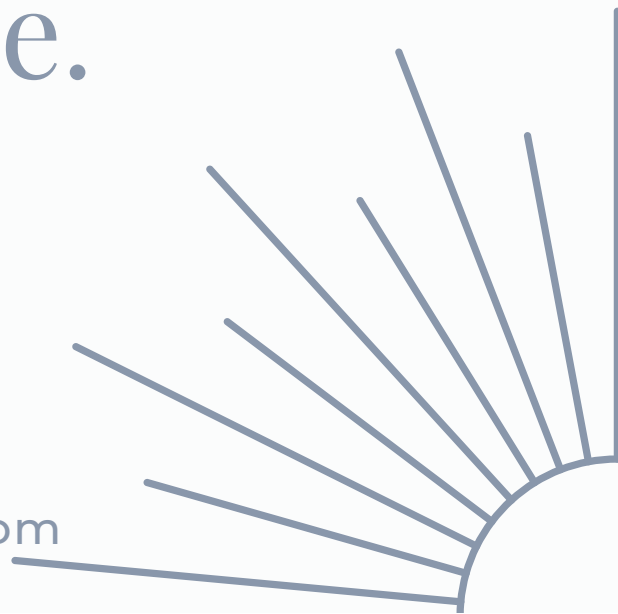
Notes

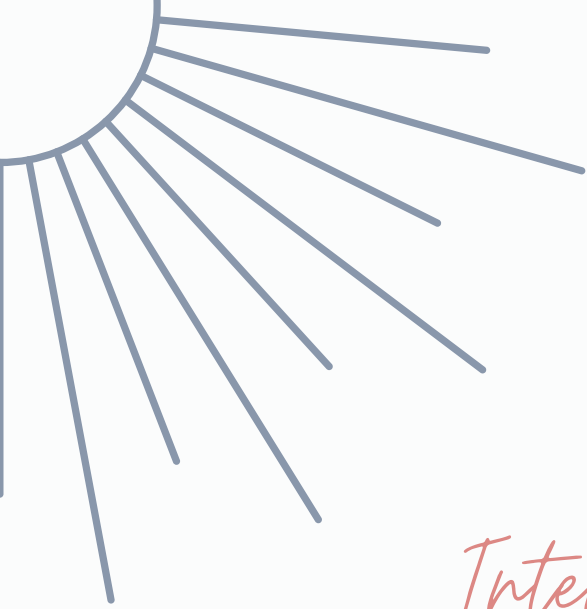
Blank area for writing 'Notes'



Wellness Practice

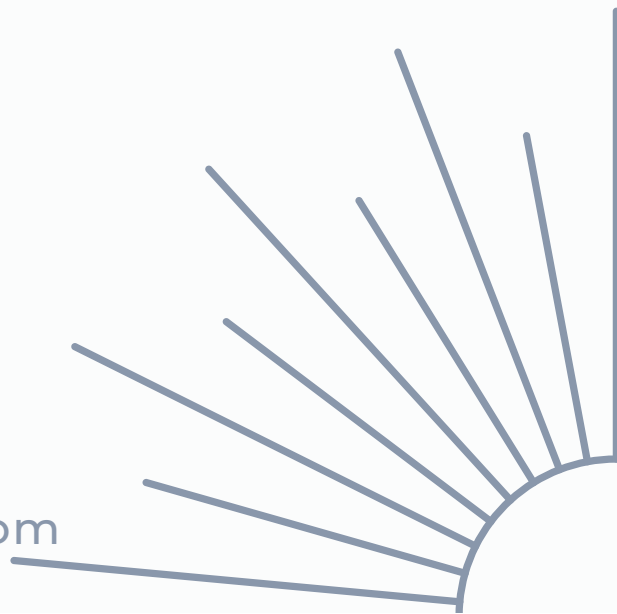
Spend the day
appreciating every little
thing you encounter,
and you'll end each day
with a deep feeling of
gratitude.





Intention Practice

Let go of yesterday and
don't worry about
tomorrow; the magic is
happening today.



My Day



Schedule

Blank lined area for writing the daily schedule.

Nurturing Meals

● Breakfast

● Lunch

● Dinner

● Snacks

Water Tracker

1	2	3	4
5	6	7	8

Goals For Today

Blank area for writing goals for the day.



Who do I want to be?



habit tracker



Activity	Mon	Wed	Tue	Thu	Fri	Sat	Sun

Top Things To-Do

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Motivational Quote

“

Affirmation of the Week

