

MY 30 DAY

JOURNAL



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This Journal Belongs to

Date





Keeping a journal is a great way to keep track of your hopes, dreams, thoughts, and accomplishments. Through journaling you are able to organize your ideas and goals. It will help you identify any gaps and can guide you to make necessary changes. Keeping a journal helps you process your thoughts and experiences which increases your ability to accomplish your dreams.

Use this topic driven 90 day journal as a way to begin a new habit of keeping a journal. It will help you build the muscles needed to capture your thoughts in writing on a consistent basis.

TARA E. GODBY CPC. ELI-MP

Thank you for taking this
journey with me



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