

REFLECTION

Hunger & Drive:

*igniting your sacred
fire*

journal

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

1	
2	
3	

"Gratitude turns fuel into fire"

MY SOUL-FIRST INTENTIONS
TODAY ARE...

1	
2	
3	

(Choose actions that feel aligned, not forced.)

MY FIRE-DRIVEN AFFIRMATION

"I am fueled by purpose, not pressure"

or write your own:

What's lighting me up today?

Where am I feeling resistance?

One step I can take with devotion:

Even if no one sees it, I will show up for...

*"Discipline with soul is sacred
commitment, not control"*

