

Holistic Coaching Journal

The Journey

We have goals we have to set with Intention. Welcome to the Coaching Process. This journey is a big step in getting closer to accomplishing your goals. I am so elated to be on this journey with you and with GOD's help we will be victorious. That victory takes faith in what he said and doing the work towards that word, the manifestation! The journey does get interesting and sometimes it feels like nothing is working. I promise you if you stay the course it is working for your good. Remember We Can Do All Things Through Christ Who Strengthens Us!



Print out these pages or use them as a guide in your own personal journal. It is necessary to journal daily asking, receiving and documenting your journey. It will give you the guideposts and information from you and GOD to reflect and be reminded of your goals. Be gentle with yourself and breathe deeply often. When it's hard to write or say it out loud, DEEP BREATH AND RELEASE SLOW until you relax and then write it and speak it.

WEEK:

GOD reveal to me by your spirit what my intentions should be for the week:

GOD reveal to me by your spirit a strategy needed to accomplish the intentions I should have this week:

WEEK ____ DAY ____

WHAT IS HAPPENING THROUGH YOUR DAY? REMEMBER TO BE VERY STRONG AND COURAGEOUS. BELIEVE IN YOURSELF, WHAT GOD HAS PUT IN YOU!

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SESSION ____ WEEK ____

Be willing to BE OPEN & HONEST; AWARE. "For I know the thoughts I think towards you, they are good not of evil to bring you to an expected end"

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