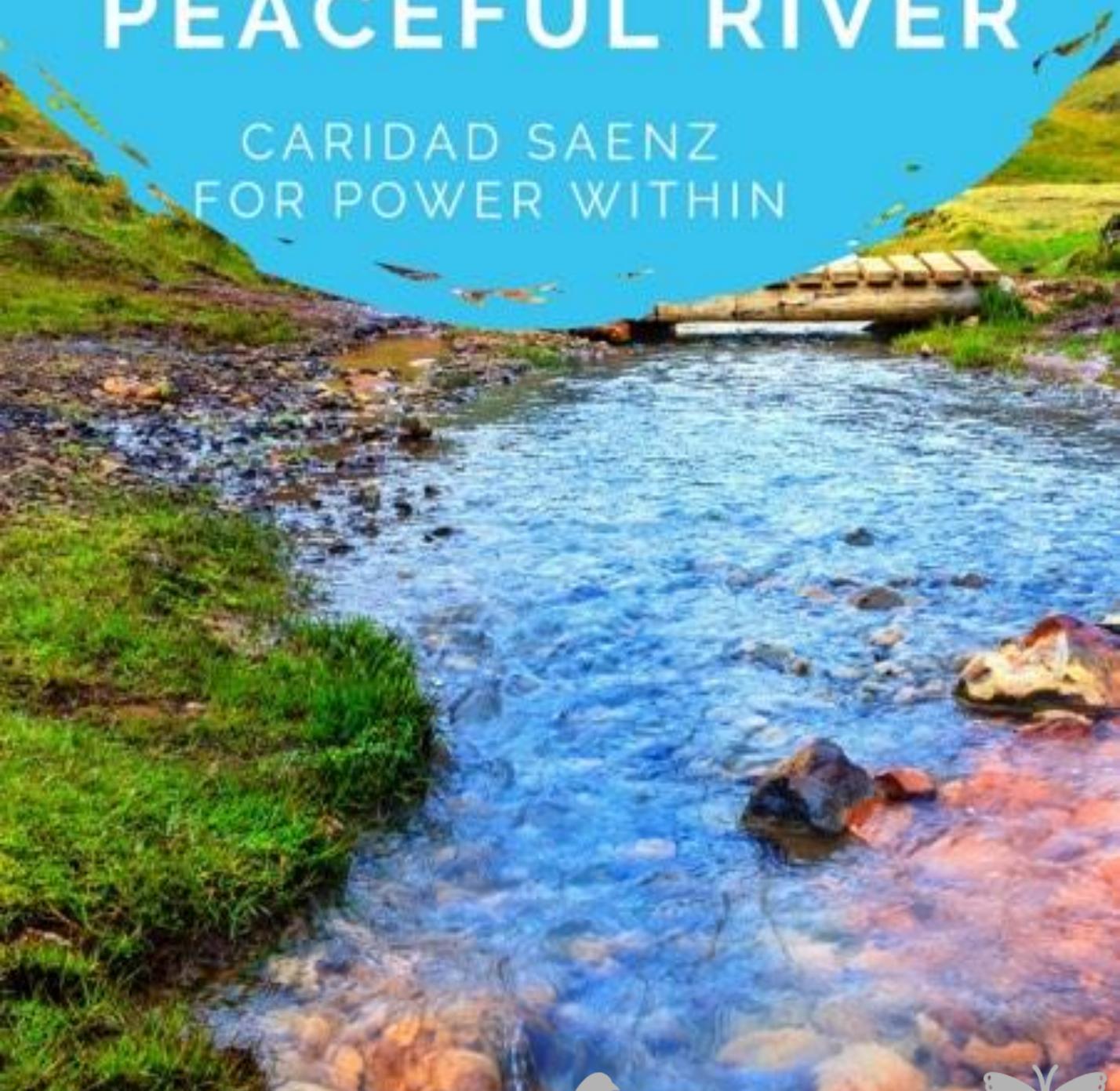


CREATING YOUR PEACEFUL RIVER

CARIDAD SAENZ
FOR POWER WITHIN



As Seen in Power Within

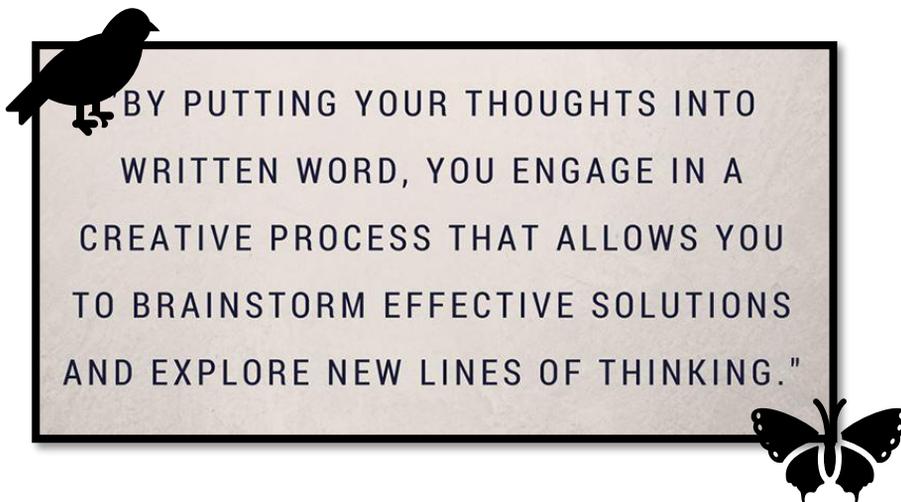


Why do we need Journaling?

When we sit down and write out our feelings and thoughts, we are slowing down and focusing our attention to everything that is going on in our life. You need to dig deep and listen to your thoughts and feelings and be honest with yourself.

I am sharing this journal in hopes that you find a new love for journaling and that it helps in your path of creating your inner peace, the peace that you can access at any time and in any situation.

Caridad V. Saenz



Joy

If you had to pick one day to relive over and over for the rest of your life what would it be and why?





Give
every
day the
chance
to
become
the
most
beautiful
of your
life.

Mark Twain

Inspired

What inspires you?



A large, empty rectangular area with a light blue gradient background, intended for a person to write their answer to the question "What inspires you?".



**SUCCESS
DOESN'T COME
FROM WHAT
YOU DO
OCCASIONALLY.
IT COMES FROM
WHAT YOU DO
CONSISTENTLY.**

Marie Forleo

Surrender

What can I tell myself in a moment to
“Surrender and accept what is”?



How can you find a solution when you are flailing about and tensed up?



I love and
accept myself
in this
moment.

Resolve

What issues have I left unresolved? What can I do today towards resolving them?

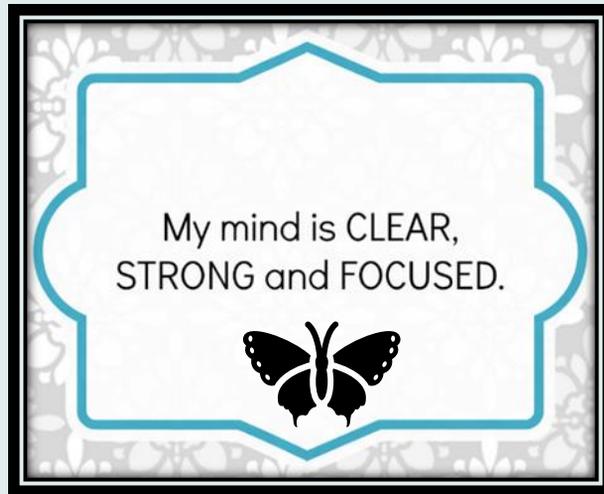


Take a deep breath and let go.





Take a deep breath and let go.





How can you mentally prepare yourself and plan for a calm response even during trying times?



Other people don't make you
behave in a certain way. You
choose your behaviour.



“ Either you run the day or the day runs you”
- Jim Rohn



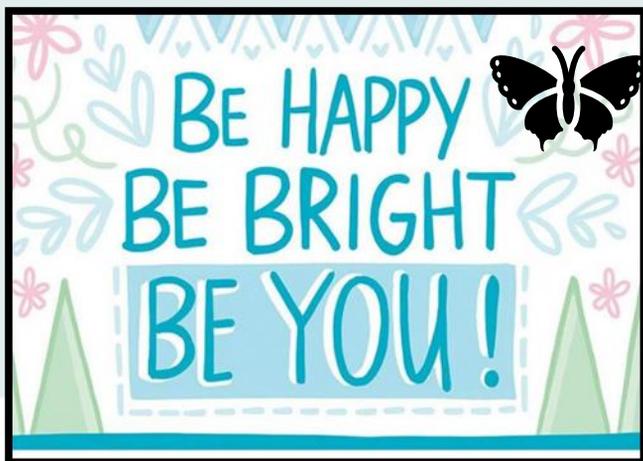


Aware

When I encounter a strong feeling, what can I do to become aware of them and not ignore them?



Don't shove away feelings because they are uncomfortable. They are sending you a message. Take time to think about those feelings to discover why you are having them. If you don't, the feelings will come back and disrupt your peace.





How can you pause and tell yourself the entire truth?



Be authentic to yourself and others in a gentle and truthful way. Resist lying to yourself and others. Lay it all on the table in a gentle way.

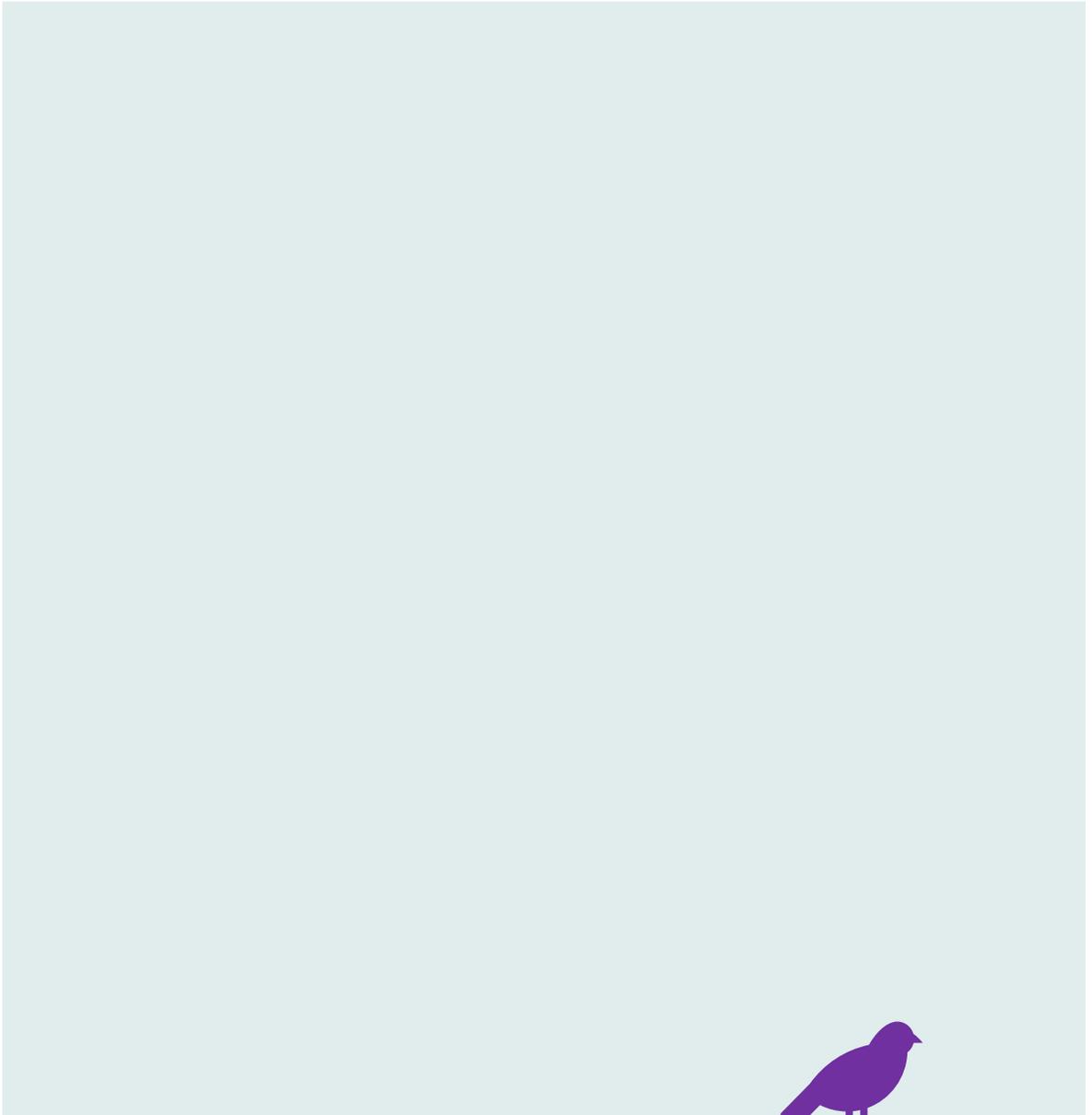


*I live in a complete attunement
with my higher self
My ego is surrendered
to my higher self*



Authentic

What are your values, your goals, your joys and passions, your integrity? What makes you authentic and you?





Can you distinguish your self versus your mind, ego, needs or past experience? Take the time to understand who you really are.

- ✓ I TRUST MY HIGHER SELF.
- ✓ I LISTEN WITH LOVE TO MY INNER VOICE
- ✓ I RELEASE ALL BLOCKS AND SURRENDER TO THE DIVINE SOURCE WITH ME

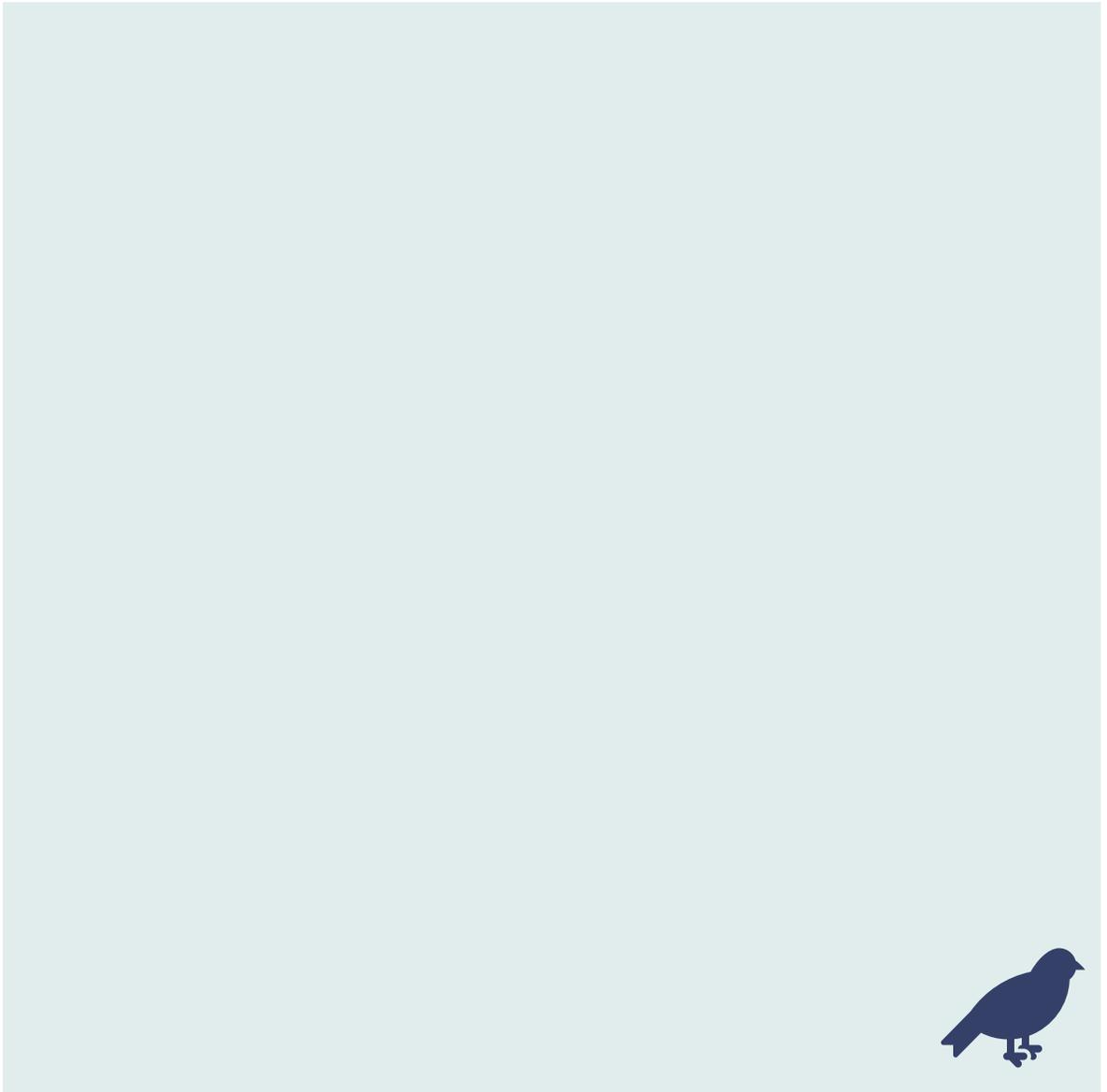
ALL IS WELL IN MY WORLD !





Look Inside

What really upsets you?



Understanding the truth behind these feeling is the first step in addressing the problem or letting it go.



The more **something upsets** you, the **more** it is meant for **you**. When it no longer upsets you, it is no longer **needed** because the **lesson** is complete.

— BRYANT MCGILL





Resolve

What relationship is causing you frustration ?
Where do you have unresolved problems?



You can not change everything, but being aware and the ability to manage in a healthy way can bring you peace. Don't ignore even the smallest of imbalances in your life.



WHEN YOU MAKE IT A STRONG HABIT NOT TO TAKE ANYTHING PERSONALLY, YOU AVOID MANY UPSETS IN YOUR LIFE. YOUR ANGER, JEALOUSY, AND ENVY WILL DISAPPEAR, AND EVEN YOUR SADNESS WILL SIMPLY DISAPPEAR IF YOU DON'T TAKE THINGS PERSONALLY.

- MIGUEL ÁNGEL RUIZ -



What relaxation techniques can you stick with ?



Yoga, long baths, mental relaxation . This will make inner peace more accessible to you. Mindful relaxation gets you closer to peace of mind and reminds you of the good things in your life.



I AM
READY TO
LOVE
myself.



Declutter



How can you declutter your life?



Take a few minutes each day to clear your space of everything you don't need, use, or love.



Belongings
create
longings,
for things
I do not need,
so I declutter
my life,
and clean up
my mind,
to focus
and succeed.



Put together with Love for you by :
Caridad V. Saenz

Mindfulness Birth Doula at EmpoweredGentleBirth.com
PregnaJoy Happiness Life Coach
Certified Law of Attraction Practitioner
New YOU Wellness Coach (jenwaldner.com)
Connection and Gentle Life Consultant



BEING YOURSELF
BEING SELF AWARE
IS THE KEY TO
HAPPINESS