

A 7 DAY JOURNAL



*Walk Positively in Your Purpose*

---

Create your life  
One day at a time

*[www.positivelypurposedpodcast.com](http://www.positivelypurposedpodcast.com)  
@positivelypurposed*



## WELCOME and CONGRATULATIONS!

You have just embarked on a journey to begin intentionally creating your life. Think of this as your personal commitment every morning and evening, to transform your ideal life into your reality.

Committing five minutes twice a day is a step in the direction of a happier life. We will begin the intentional actions to create habits that start your day positive, and end it in gratitude.

There are three things we encourage you to remember on this journey. Trust that you know the answer. Believe that you can do it. Make a conscious effort to stay positive.

Your outer world reflects your inner world. So keep a peaceful mind, a compassionate heart and a generous spirit.

We are honored to help you design your days that lead to creating a happier life. Enjoy the journey.

With Positivity and Love Always,

*Nina Danilee*

A  
HOLISTIC  
HEALING  
JOURNEY

PASSION  
&  
PURPOSE

## A GUIDE FOR YOUR THOUGHTS

We want you to make the most of this experience, so here are a few tips to help you to complete your journal for the next 7 days.

*When you wake up:*

Read your daily quote and repeat your affirmations 3 times.

Have a tall glass of room temperature water.

Start your day with a self care routine. It could be as simple as a long shower with your favorite music playing, reading a book, breakfast outside in the sun or meditation. Whatever makes you feel happy and benefits **ONLY YOU**.

Move your body even if it is a walk around your house, stretches, yoga or an invigorating workout. Just get the blood flowing around your body.

Feel free to rearrange the order if needed, but do all of these things **BEFORE** you check your phone!

Now complete your priority list for the day (no more than 3 things so that you are confident they can be completed) and claim why your day **WILL BE** amazing, and what you will do to make it so.

Now have a amazing day!

## A GUIDE FOR YOUR ACTIONS

Throughout the day remember to stay positive, avoid energy draining people and know that you control how you feel. If you start to feel down, read your daily quote and repeat your affirmations again. You can also create your own affirmations that suit you best. These are only provided as a guide. Drink room temperature water throughout the day, reduce your caffeine and sugar intake.

*Before you go to bed:*

Make a list of things that you are grateful for that happened today. Sometimes it may feel as if you have nothing to appreciate. In those moments reflect on the simple things. You have a roof over your head, food to eat, maybe family or friends, your health, or simply waking up to see another day. There is ALWAYS something to be thankful for.

Now finish your daily journal with how YOU will make tomorrow better. Do not tie this in to anyone else, or rely on something out of your control to happen. This is what actions YOU will take to have an even more amazing day tomorrow.

Repeat your affirmations three times. Have a glass of room temperature water. Go to bed at a time that will allow you eight hours of rest. Envision the life that you desire, feel the way that feels and embody that person you envision as you fall off to sleep. It is done.

YOU ARE READY

# *To Create Your Life*

The body benefits from  
movement.

The mind benefits from  
stillness.

Include both in your  
daily habits.

Your daily habits  
create your life.

MONDAY

// //

DATE

*When I Rise*

MORNING  
ROUTINE

DAILY QUOTE

One small but positive  
thought in the morning can  
change your entire day.

DAILY AFFIRMATION

I am worthy  
I am beautiful  
I am strong  
I am happy  
I am more than enough

DAILY HABITS

Affirm  
Self Care  
Be grateful  
Drink water  
Move your body

positivelypurposed@gmail.com

Every Day is a new  
opportunity to start fresh.

TODAY'S PRIORITIES

Make a list of 3 things you want to accomplish today

MY DAY WILL BE AMAZING BECAUSE...

What will you do to make yourself happy today

TODAY I AM THANKFUL FOR...

Appreciate the big and small.  
The expected and the unexpected

TOMORROW WILL BE BETTER BECAUSE...

Complete this at the end of your day

TUESDAY

// //

DATE

*When I Rise*

MORNING  
ROUTINE

**DAILY QUOTE**

You are the same woman but with a different mindset and flow. You stopped waiting around and started to grow.

**DAILY AFFIRMATION**

I live a happy life that I am deserving of.  
I attract all good people and things into my life.

**DAILY HABITS**

Affirm  
Self Care  
Be grateful  
Drink water  
Move your body

[positivelypurposed@gmail.com](mailto:positivelypurposed@gmail.com)

Every Day is a gift given to appreciate and live.

**TODAY'S PRIORITIES**

Make a list of 3 things you want to accomplish today

**MY DAY WILL BE AMAZING BECAUSE...**

What will you do to make yourself happy today

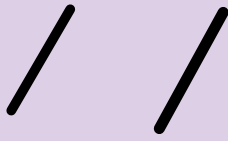
**TODAY I AM THANKFUL FOR...**

Appreciate the big and small.  
The expected and the unexpected

**TOMORROW WILL BE BETTER BECAUSE...**

Complete this at the end of your day

WEDNESDAY



DATE

*When I Rise*

MORNING  
ROUTINE

**DAILY QUOTE**

You've never lived this day before and you never will live it again. Make the most of every single moment.

**DAILY AFFIRMATION**

I have all that I need to be happy.  
I am my own best asset.  
I create my happiness.

**DAILY HABITS**

Affirm  
Self Care  
Be grateful  
Drink water  
Move your body

positivelypurposed@gmail.com

Every day is a chance to be a better you.

**TODAY'S PRIORITIES**

Make a list of 3 things you want to accomplish today

**MY DAY WILL BE AMAZING BECAUSE...**

What will you do to make yourself happy today

**TODAY I AM THANKFUL FOR...**

Appreciate the big and small.  
The expected and the unexpected

**TOMORROW WILL BE BETTER BECAUSE...**

Complete this at the end of your day



THURSDAY

// //

DATE

*When I Rise*

MORNING  
ROUTINE

DAILY QUOTE

Whatever you do today, give it your all, put your heart into it and allow your mind to believe that you can do it.

DAILY AFFIRMATION

I am confident  
I am empowered  
I attract positivity  
I attract opportunity  
I am worthy

DAILY HABITS

Affirm  
Self Care  
Be grateful  
Drink water  
Move your body

positivelypurposed@gmail.com

Every day you must smile,  
laugh and live.

TODAY'S PRIORITIES

Make a list of 3 things you want to accomplish today

MY DAY WILL BE AMAZING BECAUSE...

What will you do to make yourself happy today

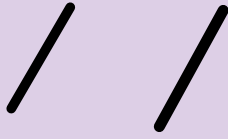
TODAY I AM THANKFUL FOR...

Appreciate the big and small.  
The expected and the unexpected

TOMORROW WILL BE BETTER BECAUSE...

Complete this at the end of your day

FRIDAY



DATE

*When I Rise*

MORNING  
ROUTINE

**DAILY QUOTE**

The mind is the strongest tool  
in this world, so learn to use it  
in a way to positively affect  
your life.

**DAILY AFFIRMATION**

I love life.  
I am ready and motivated to  
take inspired action towards  
my goals.

**DAILY HABITS**

Affirm  
Self Care  
Be grateful  
Drink water  
Move your body

positivelypurposed@gmail.com

Every day do something  
you are proud of.

**TODAY'S PRIORITIES**

Make a list of 3 things you want to accomplish today

**MY DAY WILL BE AMAZING BECAUSE...**

What will you do to make yourself happy today

**TODAY I AM THANKFUL FOR...**

Appreciate the big and small.  
The expected and the unexpected

**TOMORROW WILL BE BETTER BECAUSE...**

Complete this at the end of your day

SATURDAY

// //

DATE

*When I Rise*

MORNING  
ROUTINE

DAILY QUOTE

We cannot control all things in life, however, we can control our thoughts and our actions in all things.

DAILY AFFIRMATION

I am confident in who I am.  
I am confident in my abilities.  
I am confident that I am perfectly me.

DAILY HABITS

Affirm  
Self Care  
Be grateful  
Drink water  
Move your body

positivelypurposed@gmail.com

Every day choose to be better than yesterday.

TODAY'S PRIORITIES

Make a list of 3 things you want to accomplish today

MY DAY WILL BE AMAZING BECAUSE...

What will you do to make yourself happy today

TODAY I AM THANKFUL FOR...

Appreciate the big and small.  
The expected and the unexpected

TOMORROW WILL BE BETTER BECAUSE...

Complete this at the end of your day

SUNDAY

// //

DATE

*When I Rise*

MORNING  
ROUTINE

DAILY QUOTE

Guard your thoughts, because  
they will inevitably become  
your reality.

DAILY AFFIRMATION

I am worthy  
I am happy  
I am beautiful  
I am ME  
I am amazing

DAILY HABITS

Affirm  
Self Care  
Be grateful  
Drink water  
Move your body

positivelypurposed@gmail.com

Every day create the life  
you want to live.

TODAY'S PRIORITIES

Make a list of 3 things you want to accomplish today

MY DAY WILL BE AMAZING BECAUSE...

What will you do to make yourself happy today

TODAY I AM THANKFUL FOR...

Appreciate the big and small.  
The expected and the unexpected

TOMORROW WILL BE BETTER BECAUSE...

Complete this at the end of your day

G U E S S   W H A T . . .

*You Did It!*

Improving your life is  
created by developing  
positive daily habits.

"Love the life you Live.  
Live the life you love"

~ Bob Marley ~

# THANK YOU

We appreciate that you have invited us to be a part of your journey to a more positive and happy life. We hope that this seven days has inspired you to take consistent action daily to live the life you are deserving of.

## *Feedback*

We would love to know your thoughts and feelings that you experienced while completing this journal. Here's how you can find us:

Website: [www.positivelypurposedpodcast.com](http://www.positivelypurposedpodcast.com)

Facebook: <https://www.facebook.com/positivelypurposed>

Instagram: @positivelypurposed

Email: [positivelypurposed@gmail.com](mailto:positivelypurposed@gmail.com)

## PODCAST ~ Positively Purposed

Listen to the podcast on most directories including but not limited to: Apple Podcasts, Spotify, Google Podcast, TuneIn, Alexa

*Enjoy life and walk positively in your purpose!*



[www.positivelypurposedpodcast.com](http://www.positivelypurposedpodcast.com)