

A top-down view of a white coffee cup with a gold rim, filled with a frothy beverage. To the left, a notebook with a gold border features several colorful butterfly illustrations in shades of yellow, orange, and black. A light pink pencil lies diagonally in the bottom right corner. The background is a light, neutral color.

SOUL
WARRIORS
DAILY JOURNAL
FOR CONNECTION
WEEK 1



With Love

This journal has been created to help you focus on your connection to your intuition. If you had a conversation with your body, what wisdom would she like you to hear? The invitation is to spend a week listening to your body and writing down anything that comes up for you each day. Use the pages as a space to clear your mind.

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DESIRE

Journal

WEEK 1 MANIFESTATIONS

MINDFULNESS PRACTICES

AFFIRMATIONS FOR A LIFE WELL LIVED





**“THE KEY TO
ABUNDANCE IS
MEETING LIMITED
CIRCUMSTANCES
WITH UNLIMITED
THOUGHTS”**



MARIANNE WILLIAMSON

WEEKLY

planner

TODAY'S DATE:

MON

TUE

WED

THU

FRI

SAT

SUN

DAILY FOCUS

PRIORITIES

NOTES

MONDAYS *intention*

TODAY'S DATE:

INTENTION OF THE DAY

AFFIRMATIONS:

DAILY WATER TRACKER:

TASK OF THE DAY:

TODAY I AM THANKFUL FOR:



TUESDAYS *intention*

TODAY'S DATE:

INTENTION OF THE DAY

AFFIRMATIONS:

DAILY WATER TRACKER:

TASK OF THE DAY:

TODAY I AM THANKFUL FOR:



WEDNESDAYS *intention*

TODAY'S DATE:

INTENTION OF THE DAY

AFFIRMATIONS:

DAILY WATER TRACKER:

TASK OF THE DAY:

TODAY I AM THANKFUL FOR:



THURSDAYS *intention*

TODAY'S DATE:

INTENTION OF THE DAY

AFFIRMATIONS:

DAILY WATER TRACKER:

TASK OF THE DAY:

TODAY I AM THANKFUL FOR:



FRIDAYS

intention

TODAY'S DATE:

INTENTION OF THE DAY

AFFIRMATIONS:

DAILY WATER TRACKER:

TASK OF THE DAY:

TODAY I AM THANKFUL FOR:



SATURDAYS *intention*

TODAY'S DATE:

INTENTION OF THE DAY

AFFIRMATIONS:

DAILY WATER TRACKER:

TASK OF THE DAY:

TODAY I AM THANKFUL FOR:



SUNDAYS

intention

TODAY'S DATE:

INTENTION OF THE DAY

AFFIRMATIONS:

DAILY WATER TRACKER:

TASK OF THE DAY:

TODAY I AM THANKFUL FOR:



WEEKLY

overview

Monday

Tuesday

Wednesday

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Thursday

Friday

Sat/Sun

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“

ALWAYS GO WITH THE
CHOICE THAT SCARES
YOU THE MOST,
BECAUSE THAT'S THE
ONE THAT IS GOING
TO HELP YOU GROW

CAROLINE MYSS