



BEGIN YOUR DAY WITH A GRATEFUL HEART





Reflect on the different areas of your life

- + Health
- + Mental & Emotional Wellbeing
- + Relationships
- + Finances
- + Career
- + Personal & Spiritual Development
- + Recreation & Leisure
- + Environment & Organization
- + Service & Giving

- Decide where you want your spring cleaning to begin
- Choose your top two areas of your life where you desire to add more value. Identify 1-2 action steps for each area to get started
- Use the reflection tool on the next page to capture your thoughts



SPRING FORWARD REFLECTION

Affirmations

I AM committed to doing some
"Spring Cleaning" in my life.

I AM open for changes that
will help me move forward.

I AM excited to take inspired action!

My **3 New Daily Success Habits** are:

What new normals would you to add into your life?

1. _____
2. _____
3. _____

My **Top 2 "Spring Clean" Goals** are:

1. I _____ by _____
2. I _____ by _____

The **Benefits of Accomplishing My Goals** are:
Think of two inspiring benefits for each of your goals.

1. _____
2. _____
3. _____
4. _____

I AM releasing what no longer elevates me:

Let go of limiting beliefs, unproductive habits, and energy zappers! Replace them with something purposeful that will add value.

1. _____
2. _____
3. _____

My **Empowering Action Steps** are:

Choose two KEY actions for each of your Top 2 Goals.

1. _____
_____ by _____
2. _____
_____ by _____
3. _____
_____ by _____
4. _____
_____ by _____

Signed: _____

Date: _____

FORWARD THOUGHT

"To think creatively, we must be
able to look afresh at what we
normally
take for granted."
George Kneller

For more inspirational tools, workshops, and resources created

Liv Vibrantly visit: <http://www.livvibrantly.com>



Write Your Goal Here

Why do you want this goal?_____

What are the benefits of achieving this goal?_____

What is the cost of remaining the same?_____

What is your timeline for achieving your goal?_____

Are you committed to your success?_____



New Season + New Thoughts = New Opportunities
Plant seeds that will bless your future.



Fill your pots with new and exciting things you want to experience this season.
Think about the places you want to travel to, events you want to attend, restaurants/food to try, new things to learn, and people you want to meet etc.



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| | |
|--|---|
| Day 1: I AM authentic and amazing..... | Day 16: I AM powerful beyond measure... |
| Day 2: I AM beautifully blessed | Day 17: I AM prayerful..... |
| Day 3: I AM celebrating..... | Day 18: I AM qualified for my journey |
| Day 4: I am determined to | Day 19: I AM ready..... |
| Day 5: I Am enough | Day 20: I AM releasing..... |
| Day 6: I AM fearfully and wonderfully made | Day 21: I AM safe..... |
| Day 7: I AM getting things done.... | Day 22: I AM sowing seeds that will bless my future |
| Day 8: I AM healing.... | Day 23: I AM transforming myinto opportunities..... |
| Day 9: I AM intentional about | Day 24: I AM trustworthy..... |
| Day 10: I AM joy overflowing..... | Day 25: I AM unstoppable..... |
| Day 11: I AM knocking down barriers..... | Day 26: I AM victorious..... |
| Day 12: I AM leaping by faith | Day 27: I AM visualizing |
| Day 13: I AM making a difference..... | Day 28: I AM wise..... |
| Day 14: I AM noteworthy..... | Day 29: I AM worthy of |
| Day 15: I AM open to new perspectives ... | Day 30: I AM yielding to..... |
| | Day 31: I AM zesty..... |



Here are a few tips keep you springing forward:

- ✿ Now that you have completed your journal, post it somewhere you will see it regularly like your fridge, phone, desk, or bathroom mirror.
- ✿ If fear shows up, do not allow it to be stop sign. First, acknowledge that it exists. Fear could be disguised as procrastination, comparison, doubt, or negative self-talk. Second, speak the truth to your higher self. The truth is, the only way to fail is to quit or never try; otherwise you have already won. Even if you must take smaller steps, make them purposeful and change your perspective. Every step leads to progress.
- ✿ Use daily affirmations to shift your energy to a higher vibration.
- ✿ Collaborate with an accountability partner who supports your journey of renewal. Commit to daily or weekly check-ins to stay focused.
- ✿ Make choices from a position of power. Believe that all things are working and can work in your favor. You become what you believe! Patience + Persistence = Progress.
- ✿ Reframe any challenges. Start to view challenges as opportunities that will propel you to another level of greatness. Everyone who has achieved any level of success has been tested. At the end of the day, trust that you are more than equipped for your assignment.
- ✿ Be grateful for every action you take. Be *purpose-filled* and make a meaningful difference each day.

Be Well. Be Blessed. Be Authentic
La Vonne