

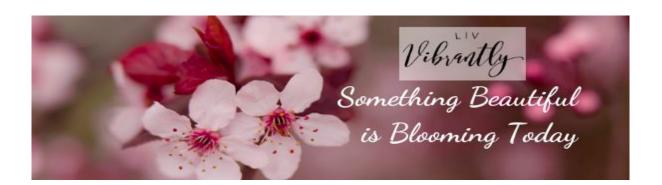
BEGIN YOUR DAY WITH A GRATEFUL HEART





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 Da	ily Success	Habits are:
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What new normals would you to add into your life?

2

3. _____

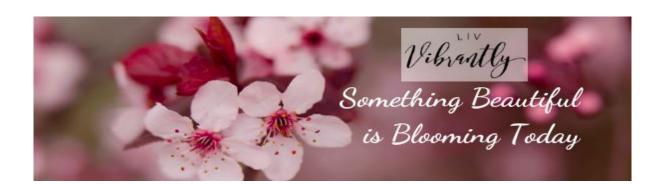
My Top 2 "Spring	Clean" Goals are:
1. Iby	
2. Iby	·
The Benefits of Accomplishing My Goals are: Think of two inspiring benefits for each of your goals.	My Empowering Action Steps are: Choose two KEY actions for each of your Top 2 Goals.
1	1
2	by
3	2
4	by
	3
AM releasing what no longer elevates me:	by
Let go of limiting beliefs, unproductive habits, and energy zappers! Replace them with something purposeful that will add value.	4
1	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?
white the benefits of themeving 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.



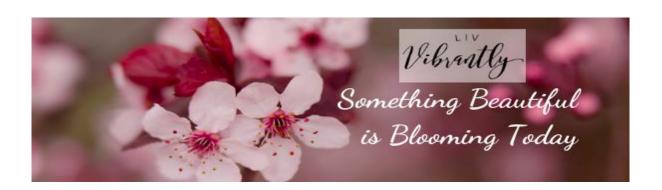
Fill your pots with new and exciting things you want to experience this season.

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.



END YOUR DAY WITH A GRATEFUL HEART





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