

Manifestation & Goal Planning

journal

Manifesting & Goal Planning

Journal
Hello Lovely!

I AM SO GLAD YOU ARE HERE.

Welcome to creating your best self through focused journaling. These prompts will help you transform and live the life of your dreams.

Remember that conscious creation is a process that requires consistency and devotion. So, journal daily, at least for 10 minutes. (And, if possible, after your morning meditation.)

Let's get started!

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Seek patience and passion in equal amounts. Patience alone will not build the temple. Passion alone will destroy its walls.

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SIX FIGURE BUSINESS EMPOWERMENT COACH

I believe in You!

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How to use this workbook

Start by getting clear on what Life Balance means to you. This will help you get a sense of what you are after with your journaling practice. You will then dive even deeper and get specific on the best version of each of the Life Areas for you as a unique individual.

Spend some time working on these and if you need more space to write, take additional journal sheets to do so. It is completely fine if you find yourself perfecting any or all of your Life Balance Areas - as you expand your consciousness, it is expected for you to strive for more.

Now that you're clear on your overall vision, reserve some time daily to visualise and feel it manifested completely across all the Life Balance Areas.

Use individual Life Balance Area sheets alone or in conjunction with your daily journaling. You can use them as journaling prompts for outlining your Goals, Affirmations and Action Steps. On some days, or even weeks, you may feel like you need to work on a particular Life Area more and you are welcome to do so - simply print more copies of the sheet you need and continue to do the inner work. Listen to your inner guidance and give your love and attention to Areas you need to at the moment. This will be different for every person.

The Planner Pages, including the Yearly, Monthly and Weekly Planners, can help you get clear on the Life Areas that require particular attention at any given moment.

Once again, this Journal is for you, so feel unlimited by its structure and rather use it in the most organic and heart-felt way possible.

YOUR LIFE BALANCE

What does life balance mean to you?

12 AREAS OF LIFE BALANCE

LOVE RELATIONSHIPS

This is a measure of how happy you are in your current state of relationship – single and loving it, in a relationship or desiring one.

FRIENDSHIPS

This is a measure of how strong a support network you have. Do you have at least 5 people whom you trust and you love being around?

ADVENTURES

How much time do you get to travel, experience the world and do things that open you up to new experiences and excitement?

ENVIRONMENT

This is the quality of your home, your car, your office and the general spaces where you spend your time during the day and night.

HEALTH AND FITNESS

How would you rate your health, given your age and any physical conditions?

INTELLECTUAL LIFE

How much time do you set aside to learn new things, and how fast are you learning? (Reading books, listening to podcasts... it all counts!)

SKILLS

How fast are you improving the skills that make you unique and help you build a successful career, or enjoy a meaningful past time?

SPIRITUAL LIFE

How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling balanced and peaceful?

CAREER

Are you growing, progressing and excelling? Or do you feel stuck in a rut? If you have a business, is it thriving or stagnating?

CREATIVE LIFE

Do you paint, write, play music, or engage in other activities that channel your creativity? Or are you more of a consumer than a creator?

FAMILY LIFE

How is your relationship with your partner, parents and siblings? If you don't have immediate family, how is your relationship with your dearest friends and extended family?

COMMUNITY LIFE

Are you giving, contributing and playing a definite role in your community?

Define your perfect

LIFE BALANCE AREAS

1

LOVE RELATIONSHIPS

2

FRIENDSHIPS

3

ADVENTURES

4

ENVIRONMENT

5

HEALTH AND FITNESS

6

INTELLECTUAL LIFE

Define your perfect

LIFE BALANCE AREAS

7

SKILLS

8

SPIRITUAL LIFE

9

CAREER

10

CREATIVE LIFE

11

FAMILY LIFE

12

COMMUNITY LIFE

Love relationships

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. *"I want to feel more intimate with my partner"* or *"I want to place personal boundaries in a loving way"*.

AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. *"I am showered with appreciation and love"* or *"I am worthy of self-care time daily"*.

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. *"Create a vision board"*, *"Script my boundary setting for a challenging situation and rehearse it"*.

Friendships

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want my friendship to be less gossipy and more mindful" or "I want to allow more time for socializing".

Handwriting practice area for the goal statement, consisting of a grid of small dots.

AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I place my boundaries gently but firmly" or "I am free to meet my friends once a week".

Handwriting practice area for the affirmations, consisting of a grid of small dots.

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Set a calendar reminder to meet with friends", "Book a nanny and delegate chores to free some time".

Handwriting practice area for the action steps, consisting of a grid of small dots.

Adventures

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want to travel once a month", "I want to explore exciting opportunities" or "I want to be more spontaneous".

AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I am an explorer and a free soul by nature" or "Adventures are coming my way".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Organize local trips every month", "Visit a place you've never seen before in your town every weekend".

Environment

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want to live in an inviting home that brings me joy" or "An inspiring, minimalist workspace".

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AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I take care of my home and afford myself comfortable and quality furniture".

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Create a home budget and contribute to it monthly", "Declutter home and purge once a month".

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Health and Fitness

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Feeling energized and strong", "Improving my sleep routine" or "Eating healthy and getting healthy".

AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "My body is vibrant and powerful" or "I make healthy food taste great".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Develop a weekly workout routine that works for you", "Prepare home made food twice a week".

Intellectual Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Expand my worldview" or "Learn new things that interest me".

Grid for writing the current goal.

AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "My consciousness is infinitely expansive" or "I learn with happiness and ease".

Grid for writing ten affirmative statements.

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Subscribe to a quality podcast", "Read a book every month".

Grid for writing action steps.

Skills

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Learn to play the Moonlight Sonata" or "Become proficient in handling conflicts gracefully and respectfully".

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AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I am devoted and persistent" or "I am a good communicator and I read people with ease".

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Master one section of the Sonata every week", "Plan and script confrontations in advance".

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Spiritual Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Being in touch with my inner being" or "Tapping into the flow zone with ease".

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AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I am universally loved and supported at all times" or "Flow and focus come naturally to me".

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Meditate and journal daily", "Speak mindfully and never gossip".

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Career

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Establish a stream of passive income" or "Be recognized as an expert in my field".

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AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I work less and earn more" or "I am one of the best at what I do".

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Launch a Templates webshop", "I share my knowledge actively on social media".

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Creative Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I practice my favourite form of creative expression daily".

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AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "Creativity is my natural state. I honour my creative needs and I deserve daily time to be creative".

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Block a time every day / on the weekends to express yourself creatively".

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Family Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Show more love and spend more quality time with my family".

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AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I have enough time and desire to be present and playful with my family".

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Organize weekly family board game nights" or "Spend 20 minutes one-on-one time with each family member".

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Community Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Sign up for that plant-a-tree action with the local NGO" or "Share my expert knowledge on social media".

AFFIRMATIONS

Write ten affirmative statements that affirm and help you visualize your goal, i.e. "I happily give back to the world through my engagement in the local community".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Open up an Instagram account and post expert posts 3x a week".

Yearly Vision Calendar

FOCUS ON ONE LIFE AREA EACH MONTH

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|---------|----------|-----------|
| JANUARY | FEBRUARY | MARCH |
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| APRIL | MAY | JUNE |
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| JULY | AUGUST | SEPTEMBER |
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| OCTOBER | NOVEMBER | DECEMBER |
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Monthly Planner

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

GOALS FOR THE MONTH

DATE _____

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DATES TO REMEMBER

IMPORTANT NOTES



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Daily

Planner

3 THINGS I'M GRATEFUL FOR



TOP PRIORITY

1. _____

2. _____

3. _____

THINGS TO GET DONE

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SCHEDULE

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