



Achieve

INTENTIONAL
TRANSFORMATION

7-Day Journal

THE THREAD COLLECTION

WHAT'S INSIDE

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THE
DISTANCE
between
DREAMS &
REALITY
is called
ACTION

www.leoniemattison.com

I CAN DO ALL THINGS THROUGH
Christ Jesus



THE
DISTANCE
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DREAMS &
REALITY
is called
ACTION

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Daily Affirmations

I am intelligent

I am funny

I have a great butt

My friends like me for who I am

I'm not perfect and that's okay

I am grateful for my home

I have time to do things I love

My thoughts matter

I am allowed to take up space

I am allowed to be loud

I like me

I love me

I am beautiful

I love my body

My feelings matter

I am grateful for my loved ones

I am so loved

I deserve and receive massive amounts of love every day

I am allowed to say No

My mistakes don't define me

I am important and I matter

I am enough

I love and accept myself

I find freedom in my vulnerability

I feel wonderful and alive

I am worthy

I am in charge of my own self-worth

I am exactly where I need to be right now

I let go of the things I cannot control

I am calm and peaceful

I am in love with myself and my body

My growth is a continuous process

SPIRITUALITY

FAMILY

VISION BOARD

Worksheet



WEALTH

CAREER

*believe
it
to
see
it.*

HEALTH

LOVE

KNOWLEDGE



Achieve INTENTIONAL TRANSFORMATION



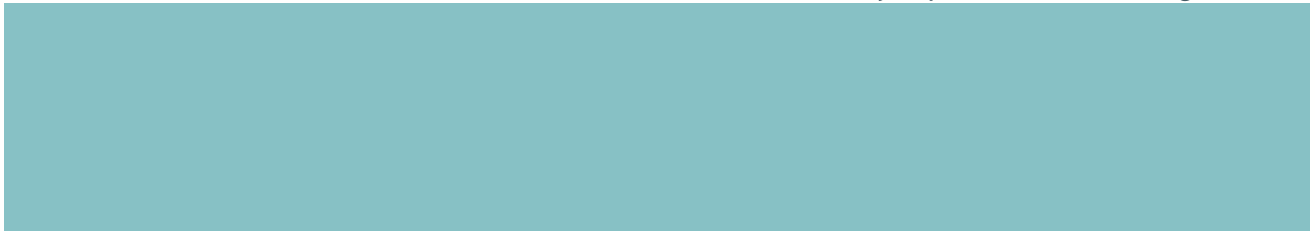
Week 1

MY INTENTIONAL LIST

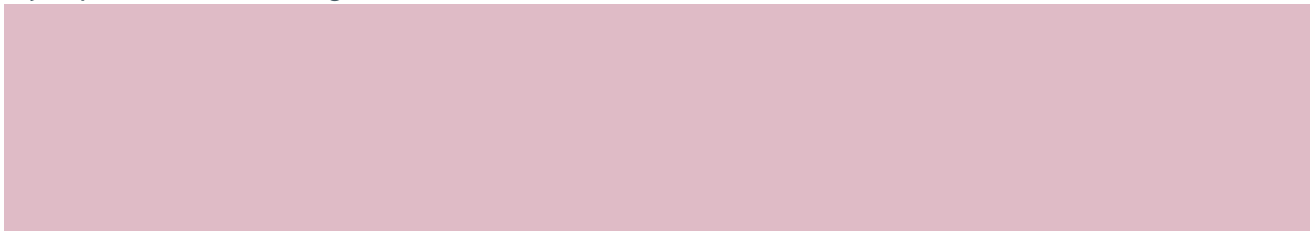
My top three - five personal goals I want to accomplish this week



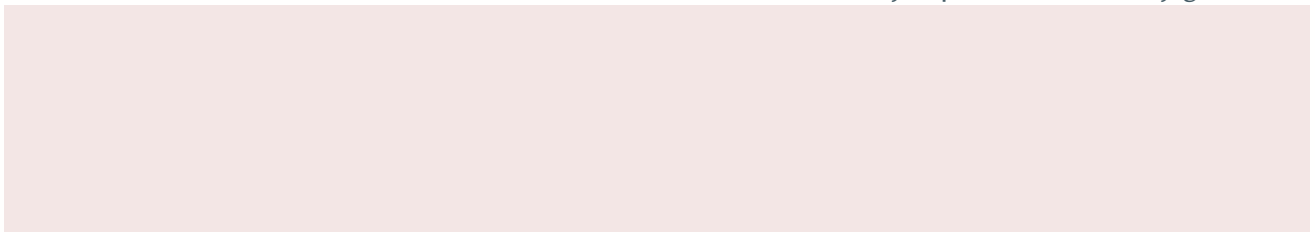
My top three -five health goals are:



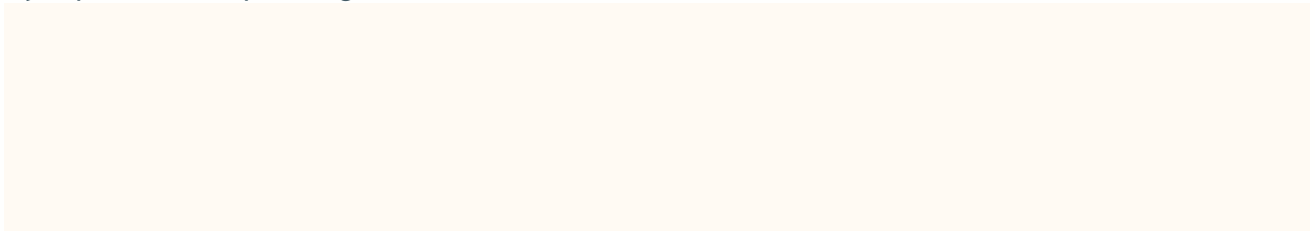
My top three- five career goals are:



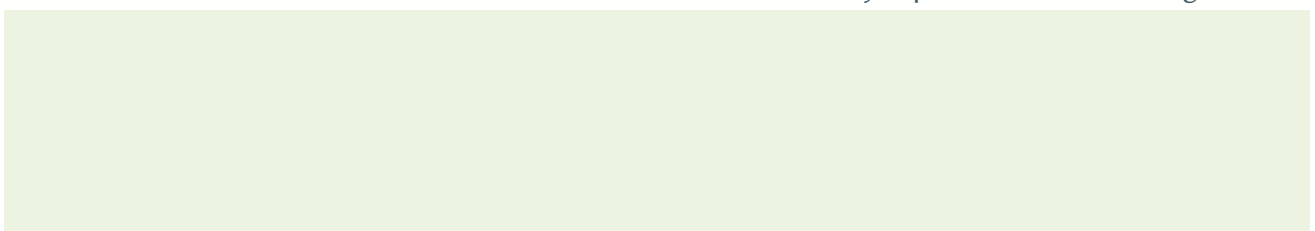
My top three-five family goals are:



My top three-five spiritual goals are::



My top three-five financial goals are:



MY NOT-TO-DO LIST

Stuff that distracts me and wastes my time:

Stuff that stresses me out and gives me anxiety:

Stuff that drains my energy:

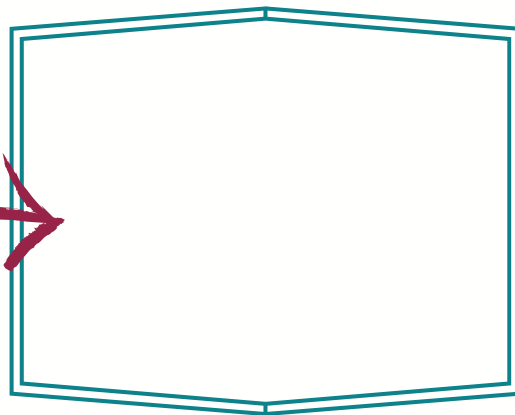
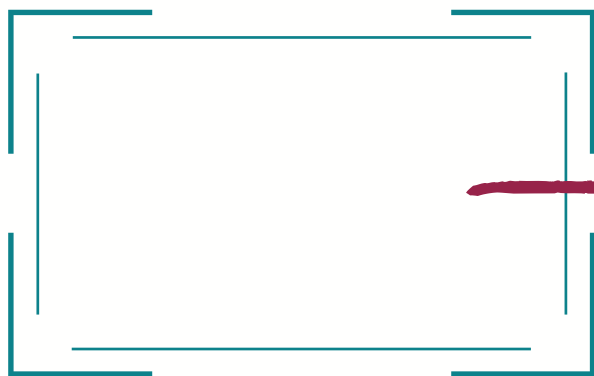
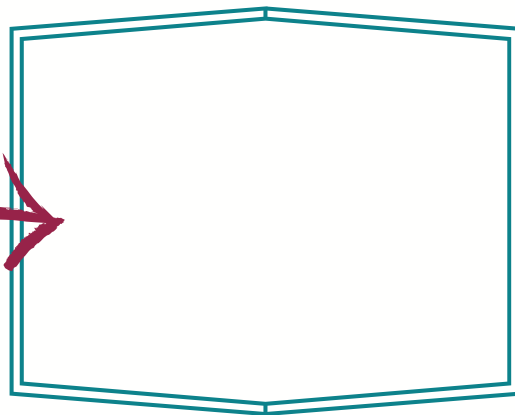
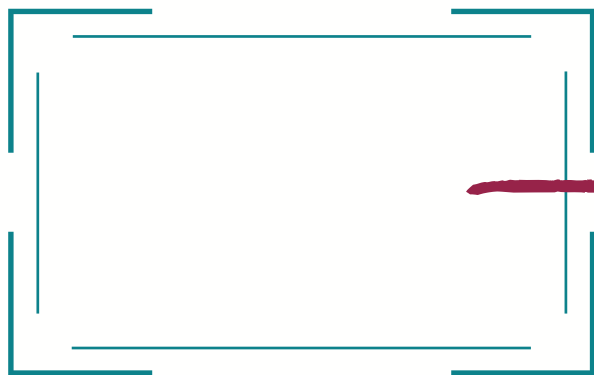
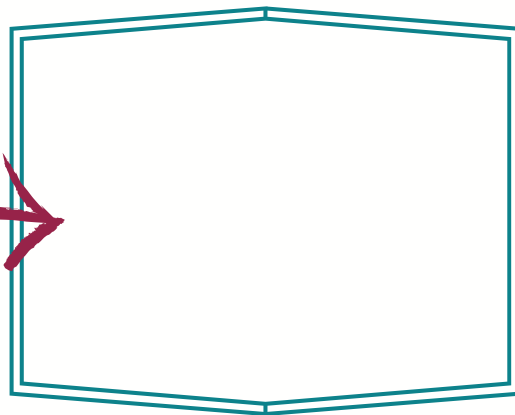
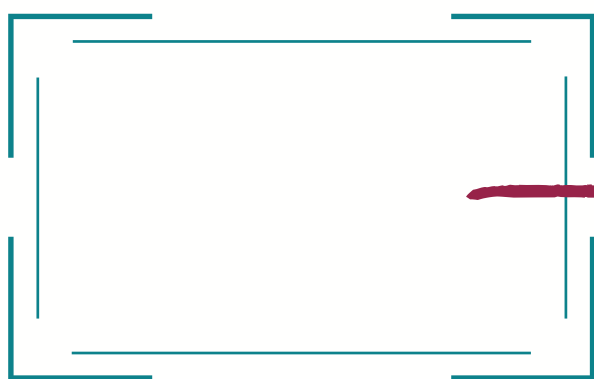
Stuff I feel obligated to do:

Stuff that doesn't actually need to be done:

Stuff I can't control or isn't my responsibility:

INTENTION VS. ACCOMPLISHMENTS

Worksheet - Day 1



Daily Intentional Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED



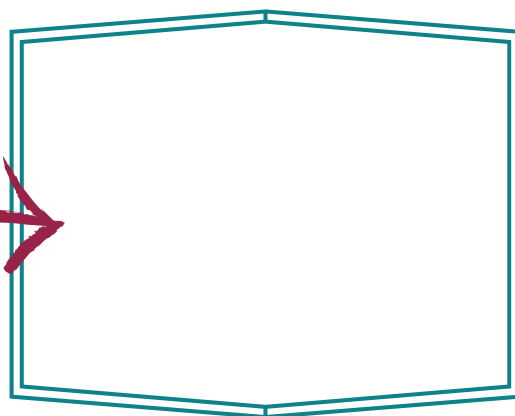
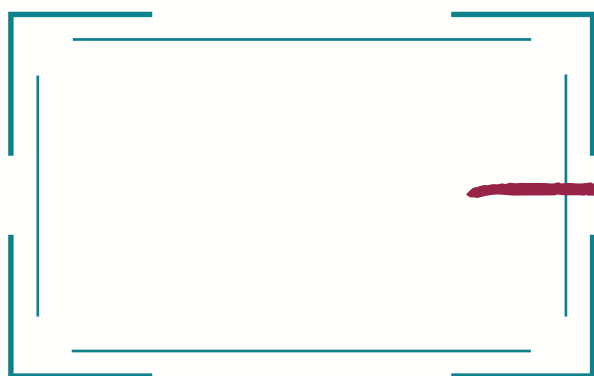
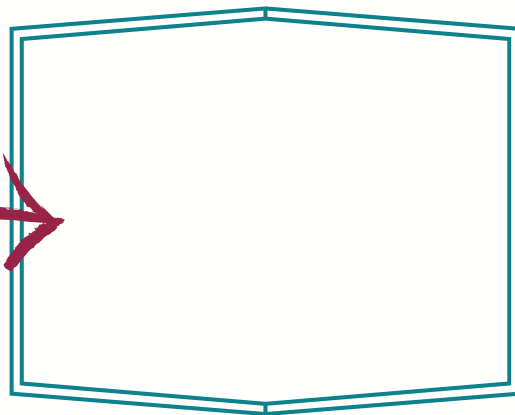
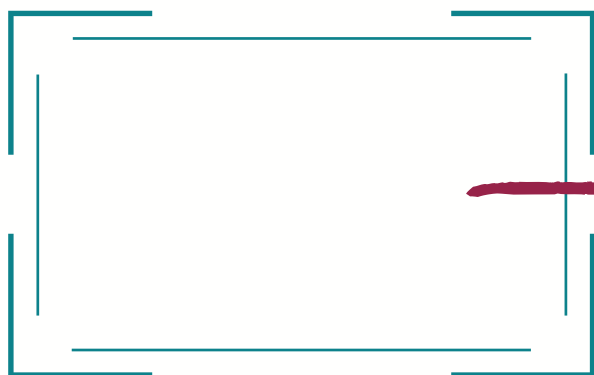
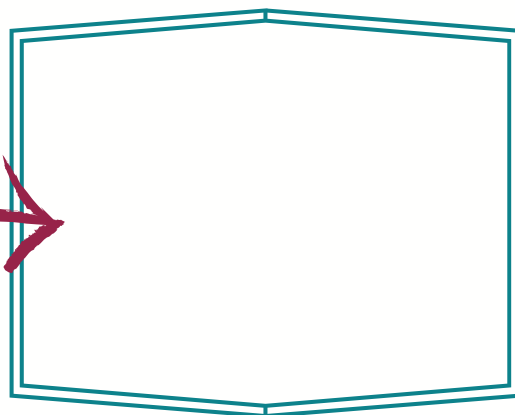
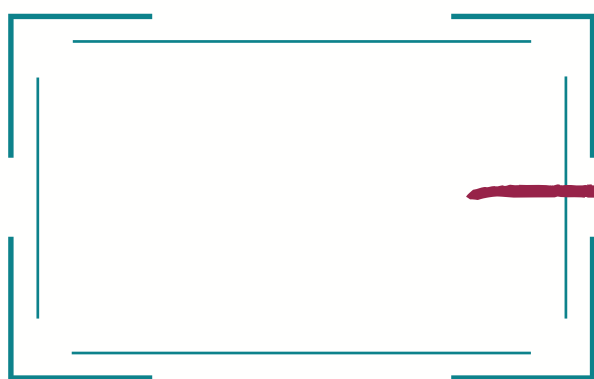
What inspired me today:

HOW I WILL IMPROVE TOMORROW:



INTENTION VS. ACCOMPLISHMENTS

Worksheet - Day 2



Daily Intentional Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED



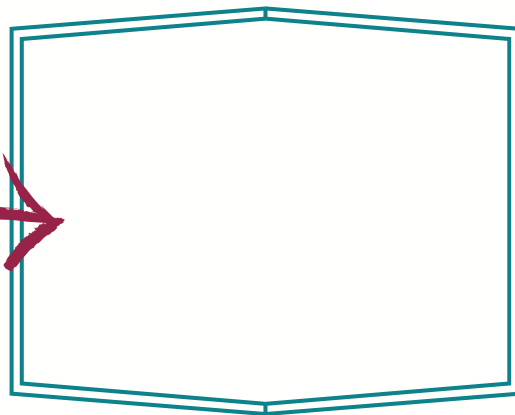
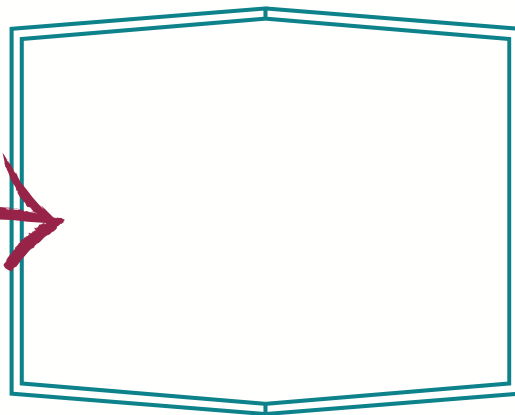

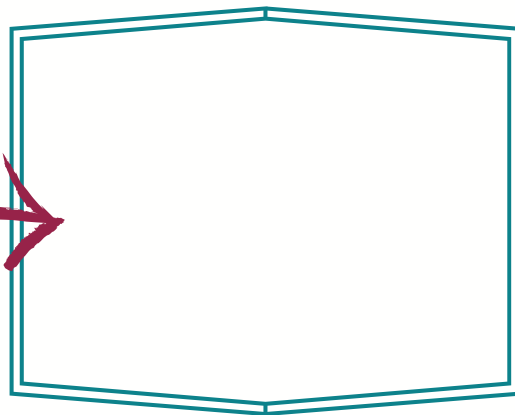
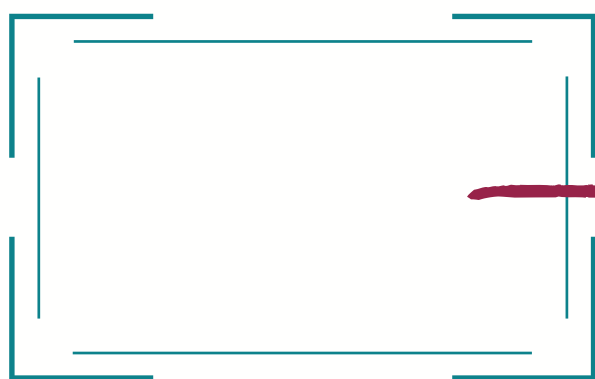
What inspired me today:

HOW I WILL IMPROVE TOMORROW:



INTENTION VS. ACCOMPLISHMENTS

Worksheet - Day 3



Daily Intentional Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

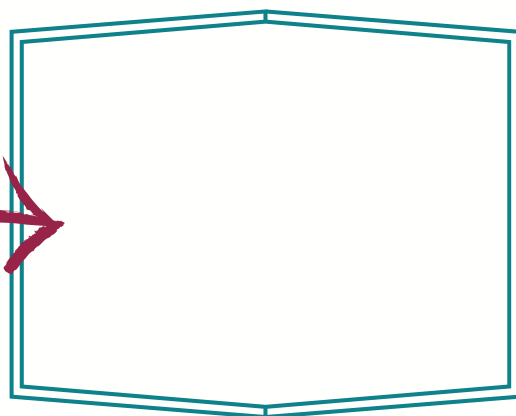
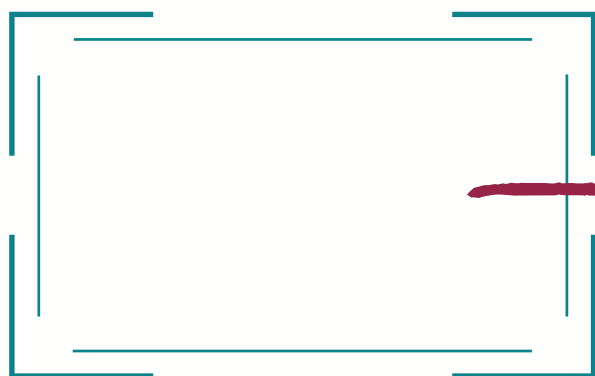
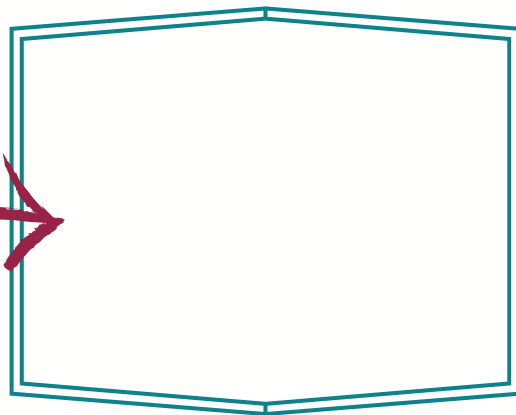
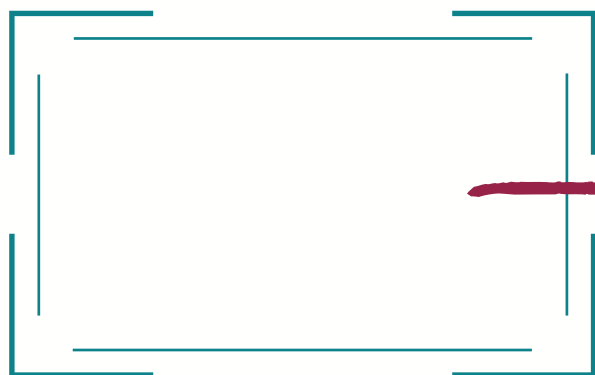
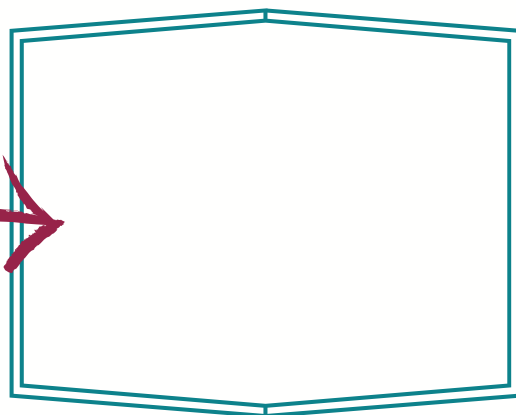
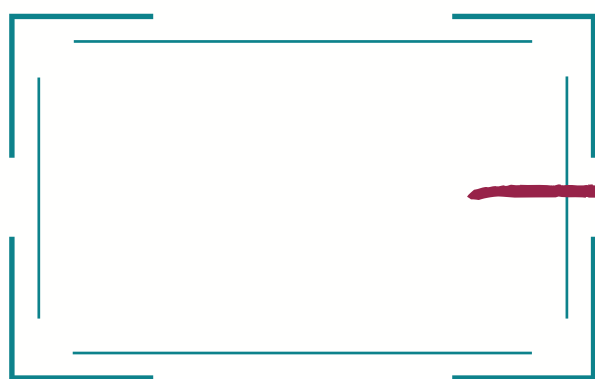
CHALLENGES
I FACED

What inspired me today:

HOW I WILL IMPROVE TOMORROW:

INTENTION VS. ACCOMPLISHMENTS

Worksheet Day 4



Daily Intentional Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED



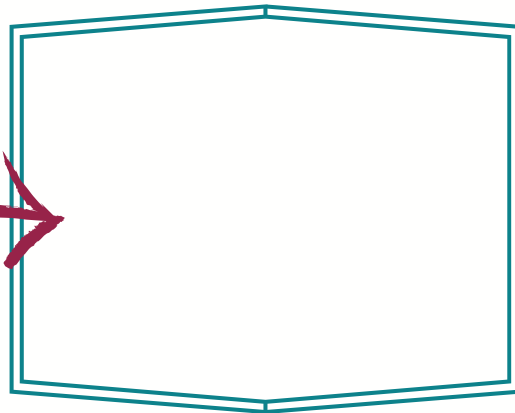
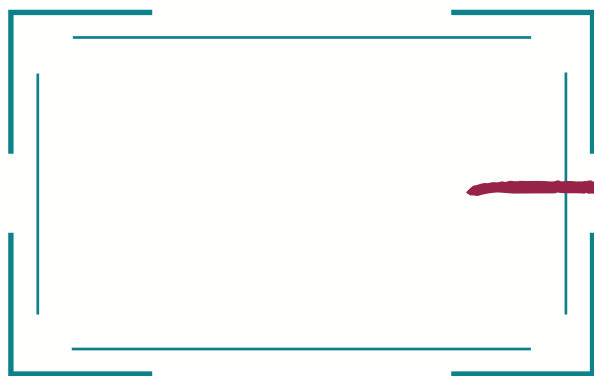
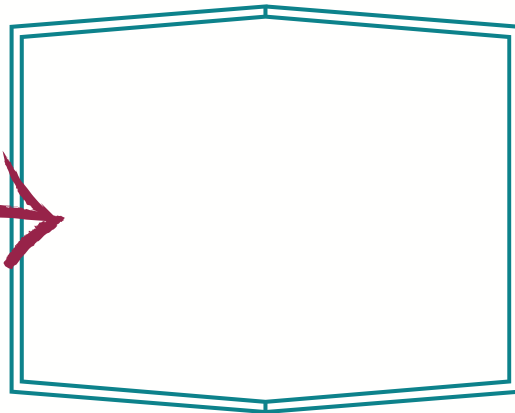
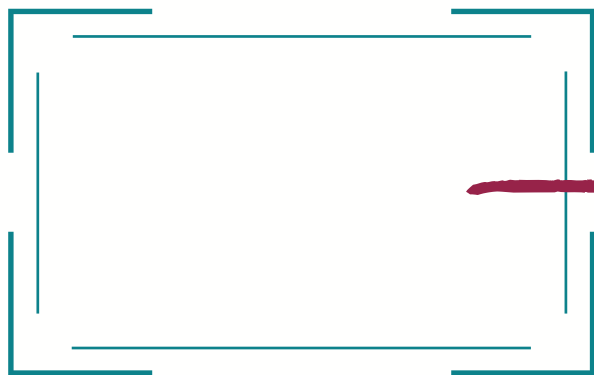
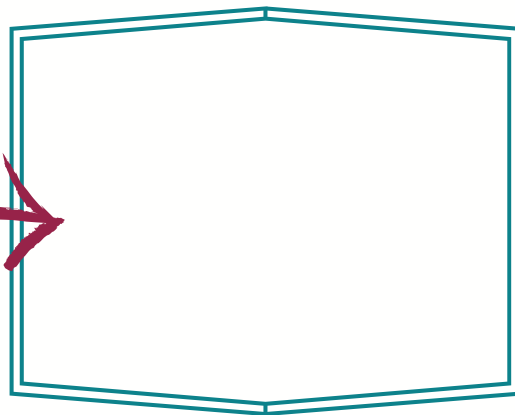
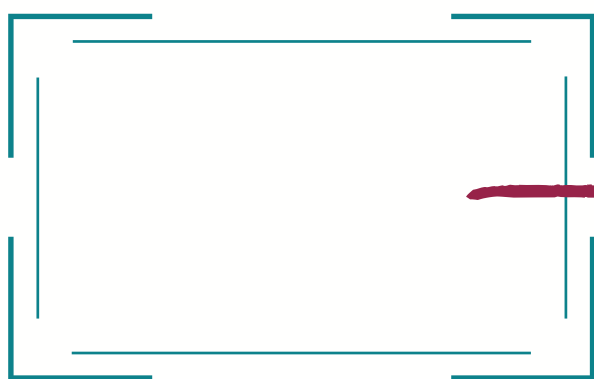
What inspired me today:

HOW I WILL IMPROVE TOMORROW:



INTENTION VS. ACCOMPLISHMENTS

Worksheet - Day 5



Daily Intentional Journal

DATE:
M T W Th F Sa S

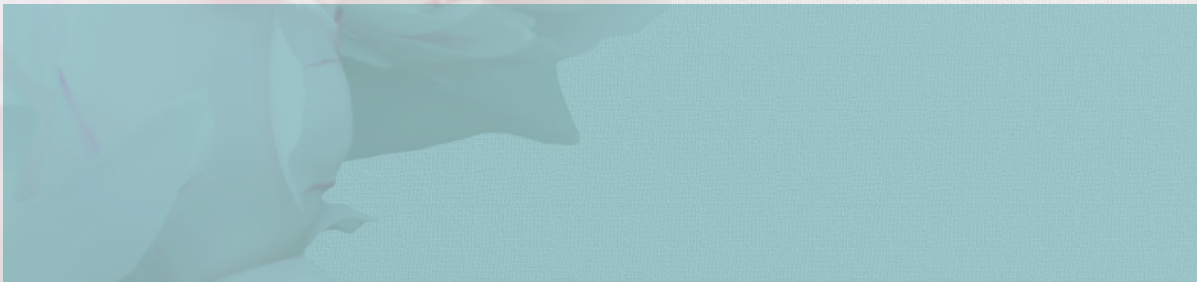
THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED



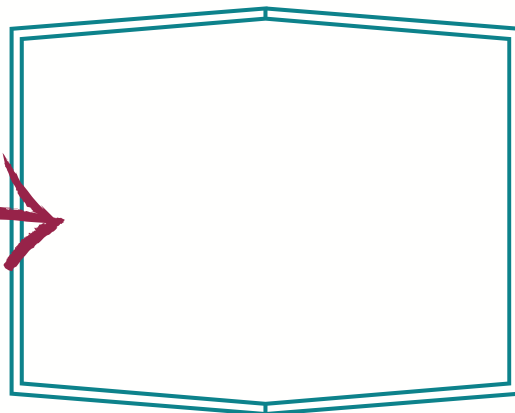
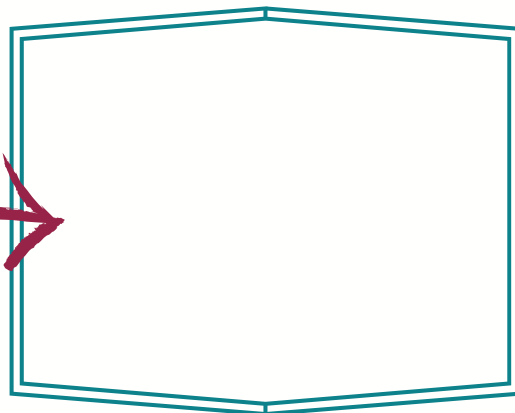
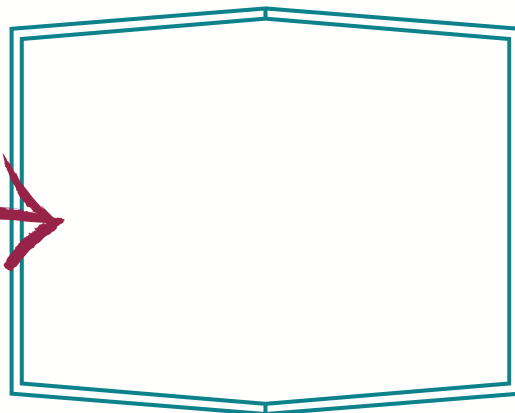
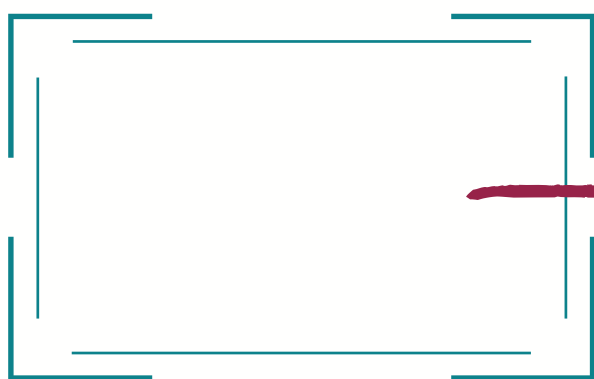
What inspired me today:

HOW I WILL IMPROVE TOMORROW:



INTENTION VS. ACCOMPLISHMENTS

Worksheet - Day 6



Daily Intentional Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED

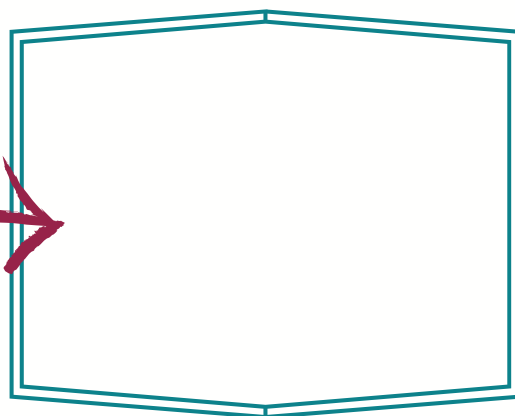
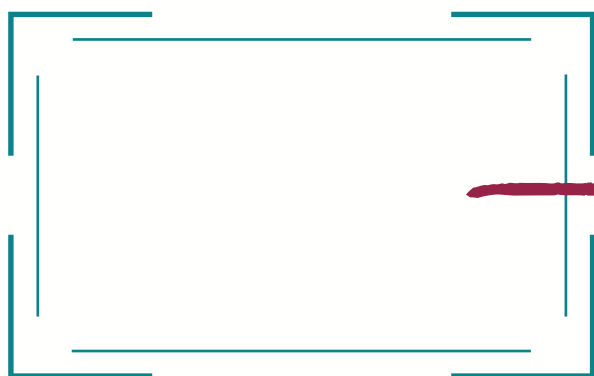
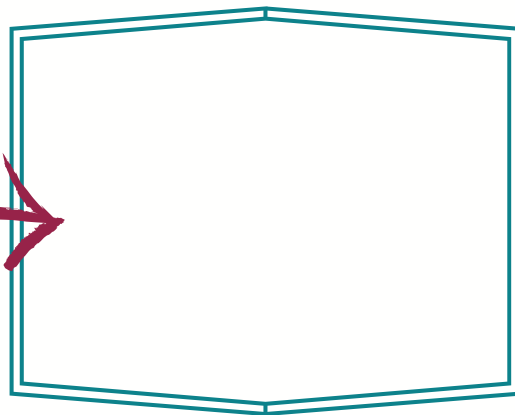
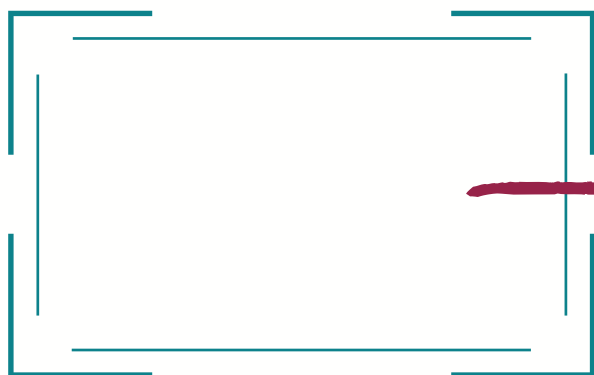
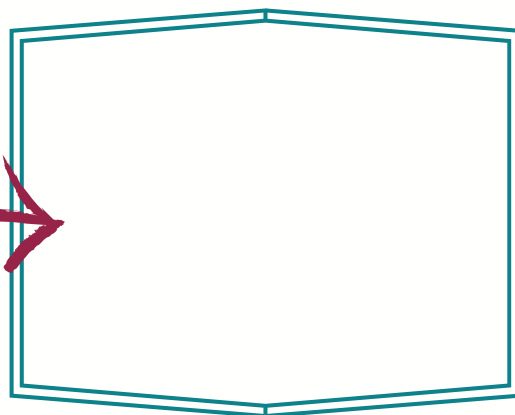
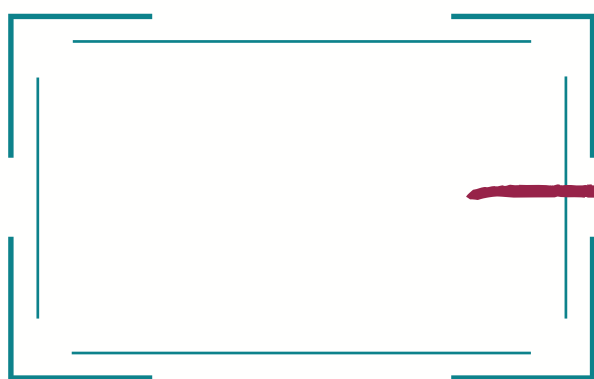


What inspired me today:

HOW I WILL IMPROVE TOMORROW:

INTENTION VS. ACCOMPLISHMENTS

Worksheet - Day 7



Daily Intentional Journal

DATE:
M T W Th F Sa S

THINGS I'M
THANKFUL FOR:

CHALLENGES
I FACED

What inspired me today:

HOW I WILL IMPROVE TOMORROW:

WEEKLY REFLECTION

WEEK OF: / - /

Accomplishments:

WHAT I WANTED TO GET DONE, BUT DIDN'T

3 minute
GRATITUDE
Journal

SOMETHING I DID WELL TODAY:

TODAY I HAD FUN WHEN:

I FELT PROUD WHEN:



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RELEASE DATE NOVEMBER 2020



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