IGNITED

5 STEPS TO REALIZING THE LIFE YOU WERE CREATED TO LIVE

Tournal



Till Hart hartlifecoach.com

Hi & Welcome

This journal is designed to help you create the life of your dreams and goes with the book <u>Ignited</u>: 5 <u>Steps to Realizing the Life You Were Created to Live</u> and the workbook by the same title

While you can use it as a standalone tool there are some pages specifically designed to go with the above mentioned book. You can find that book at HartLifeCoach.com

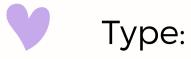
May your life journey be filled with many beautiful and soul satisfying moments.

Enneagram Thoughts

Type:

Inoughts

Enneagram Thoughts



inoughts

circle of PERSPECTIVE

REVIEW THE 8 CATEGORIES, AND IF NECESSARY RENAME CATEGORY SEGMENTS TO ADD IN SOMETHING THAT IS MISSING, OR MAKE IT MORE MEANINGFUL TO YOU. DRAW A LINE ACROSS EACH SEGMENT. SCORING IS BETWEEN 1 (VERY DISSATISFIED) AND 10 (FULLY SATISFIED)









Circle of Date: Perspective

The 10 Questions



The 10 Questions



Finding Your Passion Date:

Finding Your Passion Date:

Finding Your Passion Date:

Your VISION STATEMENT

Your Plan Date:

Your Plan Date:

Course Correcting Date:

Course Correcting Date:

Daily Tournal

The balance of this journal is for you to track your progress, record your feelings and dream.







ONE THING I WANT TO REMEMBER ABOUT TODAY	
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TODAY I'M GREATFUL FOR	





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we are just a CALLAWAY

SCHEDULE YOUR CONSULTATION!



Get clarity on what you are trying to accomplish with your life and help designing the soul satisfying life you were created to live.

WHAT ARE YOU WAITING FOR?

Book a call: HartLifeCoach.com

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions.

You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.

I AM SUCCESSFUL IN EVERYTHING I DO. I CREATE A SAFE

AND SECURE

SPACE FOR

MYSELF

WHEREVER LAM.

I GIVE MYSELF
PERMISSION TO
DO WHAT IS
RIGHT FOR ME.

I GIVE MYSELF
SPACE TO GROW
AND LEARN.



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TALLOW MYSELF
TO BE WHO I AM
WITHOUT
JUDGMENT.

I LISTEN TO MY
INTUITION AND
TRUST MY INNER
GUIDE.

I TRUST THAT
I AM ON THE
RIGHT PATH.

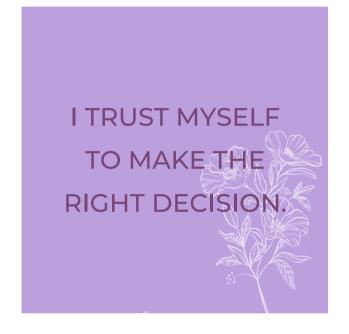
MY MIND IS FULL
OF BRILLIANT
IDEAS.



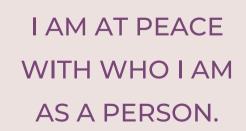
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I PUT MY ENERGY
INTO THINGS
THAT MATTER
TO ME.



I AM BECOMING
CLOSER TO MY
TRUE SELF
EVERY DAY.

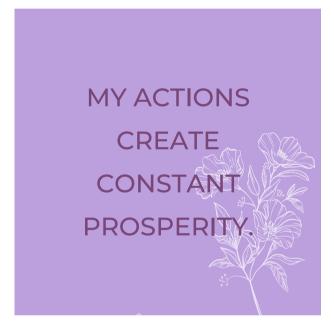




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I AM FULL OF POSITIVE LOVING ENERGY.





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I AM BLESSED
WITH AN
INCREDIBLE
FAMILY AND
WONDERFUL
FRIENDS.

I AM IN THE
PROCESS OF
BECOMING THE
BEST VERSION
OF MYSELF

I FORGIVE

MYSELF AND SET

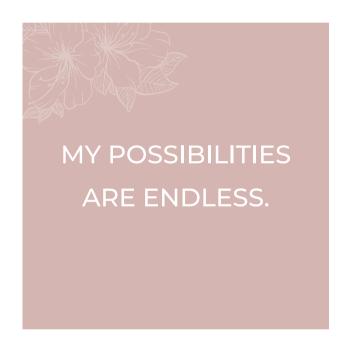
MYSELF FREE.

I BELIEVE I CAN
BE ALL THAT I
WANT TO BE.



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I AM ENOUGH.





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EVERY DAY I AM

GETTING

HEALTHIER AND

STRONGER.

BEING HAPPY

COMES EASY

TO ME.

HAPPINESS IS MY

SECOND NATURE.

GOOD THINGS ARE HAPPENING. I AM DEEPLY
FULFILLED BY
WHAT I DO.





This is only the beginning!! A life well lived is a day-to-day endeavor. Though you have completed this workbook you are just getting started on a most marvelous adventure. Feel free to look us up on Facebook and share your progress. Think of it as sending us a post card.

Jill Hart
Life Coach

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